STIX, BAER & FULLER

1926

# READY REFERENCE DIARY

# 1928 CALENDAR 1928

### JANUARY

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

### FEBRUARY

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | | | |

### MARCH

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

### APRIL

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

### MAY

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

### JUNE

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| | | | | | 1 | 2 |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

### JULY

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

### AUGUST

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

### SEPTEMBER

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23/30 | 24 | 25 | 26 | 27 | 28 | 29 |

### OCTOBER

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

### NOVEMBER

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

### DECEMBER

| Su | Mo | Tu | We | Th | Fr | Sa |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23/30 | 24/31 | 25 | 26 | 27 | 28 | 29 |

SEE INSIDE BACK COVER FOR CALENDAR 1927 AND 1929

1928 READY REFERENCE DIARY

Compiled and Arranged for

# STIX, BAER & FULLER

## Grand Leader, Saint Louis

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Printed in U. S. A.

Tarey Craft Classic

# IMPORTANT TELEPHONE NUMBERS

| NAME AND ADDRESS | TELEPHONE No. |
|---|---|
| Mrs Dorce Brown | |
| 226 St. Malone, | |
| Mr. H. H Chandler | |
| East Prairie, | |
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**ON OTHER CALENDARS**—1928 A. D. corresponds to the year 7436-37 of the Byzantine era, 5688-89 of the Jewish era, 2588 of the Japanese era and 1346-47 of the Mohammedan era. It is year 2704 of the Olympiads or the fourth year of the 676th Olympiad.

# IMPORTANT TELEPHONE NUMBERS

| NAME AND ADDRESS | TELEPHONE No. |
|---|---|
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**ESTIMATED RELIGIOUS MEMBERSHIP:** There are now in the world approximately:

| | |
|---|---|
| 275,000,000 Roman Catholics | 221,000,000 Mohammedans |
| 123,000,000 Orthodox Catholics | 136,000,000 Buddhists |
| 172,000,000 Protestants | 212,000,000 Hindus |
| 6,000,000 Jews | 21,000,000 Shintoists |
| 303,000,000 Confucianists | 137,000,000 Animists |

## JANUARY

Tuesday ~~Sunday~~ 1 "Still at the party" Was served with a 3 course lunch at about 3 P.M. Found out the husband could earn genuine so we can cut with the profits.

~~Monday~~ Tuesday 2 Sent over to Lindys hospital for dinner. Had Chicken and Cake of Jogdins. Same lady for Monday had to go to K.C.

PRINCIPAL LANGUAGES—It is estimated that more than 190,000,000 people speak English, the most widely used language. German is used by more than 125,000,000; Russian by more than 92,000,000; French by more than 60,000,000; Spanish by more than 56,000,000 and Italian by more than 41,000,000.

# JANUARY

~~Tuesday~~ 2 Wed Thursday 3 —

Repairs started Came
across the repairs needed
Learned from the fact
of the tenant copy to
Found a flat on 13th.
Mar Wendy much
surprised
Invited to a "wedding".

~~Wednesday~~ Friday 4

Searched for apt.
But all in vain.
Didn't get any further
than that.
Considering buying
furniture.

**MODERN THEORY OF EARTH'S CENTRE**—Many scientists now agree that the centre of the earth is not, as was formerly supposed, a flaming mass, but a large ball of iron which has retained its great heat through the ages because the materials enclosing it are non-conductors of heat.

# JANUARY

Sat.
~~Thursday~~ 5 Had to much to do to go to the Wedding with the Boughee family. However we got there & settled & landed safe & sound in "Palm" & brought home lovely furnitures. "Tired from worry!"

Sun
~~Friday~~ 6 Went over to the house and worked for furniture on Vista found a dresser, stove and chairs which we were glad to get. Had dinner at the house and Went to Church.

**CARE OF FURS**—Water causes the skin to shrivel—do not use it on furs. To clean furs brush outdoors with a stiff whiskbroom—brush with the nap. With a clean cloth saturated with gasoline, rub the fur thoroughly. Then restore the nap with the whiskbroom and hang the fur in the sun to dry.

# JANUARY

Mon.

**Saturday 7** Up early and ready to move. Both of us urged to read Blessed Lessons to see the site off and we found it among the "Dear Drop Outs".

Tues.

**Sunday 8** Went to Texas, had our "gas" applied for. Went down to the house and found some letters back to H.A. De Baubigny and found two letters waiting for me. Write D. D. L.

**HIGHEST VOLCANOES: The ten highest volcanoes are:**

| | | | |
|---|---|---|---|
| Cotopaxi, Ecuador | 19,635 ft. | Clarence Peak, Fernando Po. | 14,683 ft. |
| San Pedro, Bolivia | 19,423 ft. | Cameroon, Africa | 13,370 ft. |
| Carahairazo, Ecuador | 16,515 ft. | Colima, Mexico | 13,092 ft. |
| Pichincha, Ecuador | 15,918 ft. | Mauna Loa, Hawaii | 12,675 ft. |
| Karissimbi, Africa | 14,683 ft. | Fuji, Japan | 12,395 ft. |

## JANUARY

Wed

**Monday 9** Had company all day. Lunged custard and Emerald Ann Ice Cream. Drove to Dans but were to late to get any supplies

Thurs

**Tuesday 10** Went to town and spent our Cash filled the Kitchen window up and then went over to see Ruth & Lucile

**THE HARDEST SUBSTANCE**—The diamond is the hardest substance known. It is the purest form of carbon which is the hardest **element.** Other hard substances include corundum, steel, topaz, beryl, andalusite, tourmaline, agate, flint, garnet and iridosmium.

# JANUARY

Friday

**Wednesday 11**

Lyons mothers Dad
Dunne came + and
did first up the house
a little. Dad drowned
and took the Mother
home and got some
blankets + quilt etc.

Sat

**Thursday 12**

Jess + Ireland
Girls and Baldwin
Park Rose Arcadia on
to Country and
looked for a place
to buy. Hard

**CONSUMPTION OF CRUDE RUBBER:** The crude rubber now consumed throughout the world is well in excess of 500,000 long tons a year. This is almost eight times the quantity consumed twenty years ago and shows the tremendous growth of the industry since the development of the automobile.

# JANUARY

Sun
Friday 13 Very gloomy cold day - Ed was late left me went to Rec Fish and spent day Had dinner and supper Played Cards

Mon
Saturday 14 Went to town and bought us occasional tables and some curtains plus lots of dumb stone articles Very cold had a heck of a time driving home.

## ROMAN NUMERALS AND ARABIC EQUIVALENTS—I:

| | | | |
|---|---|---|---|
| I —1 | VI —6 | XI —11 | XVI —16 |
| II —2 | VII —7 | XII —12 | XVII —17 |
| III —3 | VIII —8 | XIII —13 | XVIII —18 |
| IV —4 | IX —9 | XIV —14 | XIX —19 |
| V —5 | X —10 | XV —15 | XX —20 |

# JANUARY

Sunday 15 Served on my Curtain Lecture Finished a Carpet. Very Cold so was Artist taken a Drive.

Monday 16 Lyons Lad Came Load brought me Some Money and paintad Door Stairs, Stayed Evening and Settled Game with Curtain.

## ROMAN NUMERALS AND ARABIC EQUIVALENTS—II:

| | | | |
|---|---|---|---|
| XXX — 30 | LXXX — 80 | CCCC — 400 | CM — 900 |
| XL — 40 | XC — 90 | D — 500 | M — 1000 |
| L — 50 | C — 100 | DC — 600 | A dash line over a Roman numeral multiplies it by 1000. |
| LX — 60 | CC — 200 | DCC — 700 | |
| LXX — 70 | CCC — 300 | DCCC — 800 | |

# JANUARY

Tuesday 17 Played around
and went up and got the
for it was awfully
cold Ryan went with
me the bank and
Shopped for food
Made tea & Ate

Wednesday 18 Slept late
Took a bath
dinner, Studied
and played
Cards

**VASTNESS OF SPACE**—Although light travels at a speed of more than 187,000 miles a second, we can still see some stars which have been "dead" for many years because light from them is still traveling to the earth. This furnishes an idea of the vastness of the universe.

# JANUARY

**Thursday 19** Went over to see Ruth & Jackie for a few minutes and the Dills came over and ask me to join them in a little "gym" Monday Nite.

**Friday 20** Its now 2:35 - and I am not sleepy. But must go to Bed for I have planned to head Thru Mom's Pay Today and Fill it Out Carefully. Then on Pay Ruth and Mom's Pets Pay Cards.

**MOST SENSITIVE ELECTRICAL DEVICE**—The Knowles Grid Glow Tube amplifies current passing through it 100,000,000 times. One-billionth of a watt operates it. The approach of a hand sets it off before it is touched. When properly connected, a dew drop falling on the wires will stop a train.

# JANUARY

Mon.
Saturday 21 Met a new couple last nite at Ruth's. Today we went to the Miniature to see "Naughty Baby" Henry carter. Had Cooked supper and traveled to visit Ed. H. S. with Ruth Mrs Howard. Apple Pye Alamode and lots of goodies.

Sunday 22 Stayed home and Ruth H. came over for visit all day. Had Cornbeef Hash for supper and baked Irish potatoes, boiled turnips, cabbage, home made bread and pickles.

**STEADY LOSS OF WEIGHT**—If you keep on losing weight and are pale, go to a lung specialist and have him examine your lungs thoroughly. Get plenty of fresh air and sleep out of doors if possible. Eat freely of good nourishing food, including milk, cream, butter, eggs, bread, green vegetables and fruit.

## JANUARY

Wed

**Monday 23** Went up to see Ruth Hill, and Elena home and a kodak for I could send my laundry as she gifted. Cooked dinner for Clerel and Raymond to school with Ruth and Harland.

Thurs

**Tuesday 24** Went over to see Ruth Hendricks and played ~~yesterday~~ 11 Tables ~~and~~ came home and ~~[illegible]~~ [illegible] Sat Tues

**HEADACHES**—These are often caused by strained or defective eyes. If you suffer from persistent headaches, have an oculist examine your eyes. If you find that they are needed, wear glasses to protect your entire nervous system.

# JANUARY

Wednesday 25

Thursday 26

**MILES, NAUTICAL MILES AND KNOTS**—The Statute Mile, British and American, is 5,280 feet long. The Nautical Mile is equal to one minute of latitude at the particular place in which the ship is—it varies since the earth is not a perfect sphere. The Knot is a measure of speed—one nautical mile an hour is a knot.

# JANUARY

Sun.

**Friday 27**

**~~Saturday 28~~**

**STRENGTH OF ICE**—Two inches will support a man. Four inches will support a man on horseback. Eight inches will support a battery of artillery with horses and carriages. Ten inches will support an innumerable multitude.

# JANUARY

Sunday 29 Went over to see Ruth & Sicking for a few minutes.

Monday 30 Went to town with Lynn and Mc. Never agreed very much of the time. Went to Pershing Chas. started. My Pulleys Came home and went up to see Ruth & Mr. Hartsfield.

**TELEVISION**—Although many scientists maintained until two years ago that broadcasting moving pictures by means of radio waves was impossible, 1927 saw an actual demonstration of Television. Not commercially practical as yet, the widespread use of perfected Television is not far off.

## JANUARY

Tuesday 31 Sent up to the Rubber Room and charged Binding.

## FEBRUARY

Wednesday 1 Sent over to the Rubber and Stocking and charged Delivery to Aldred on May Place.

**INFECTIONS IN TEETH**—They do not usually cause pain in the tooth cavities and sockets—they may continue for years without detection. Such collections of germs multiply and produce poisons which may be carried to other parts of the body. An X-ray examination reveals most of these infections.

# FEBRUARY

Sat.

**Thursday 2** Went to town and shopped afternoon with Lyons home and Carl called late at supper.

Sunday

**Friday 3** Went to Lindys house for dinner. Went to Church. Home again and played cards with Ruth & Harland.

**PREVENTION OF COLDS—I:** If you suffer from frequent colds, have your nose and throat examined by a specialist. Having nasal obstructions and diseased mucous membranes treated is a wise precaution for such conditions not only make you susceptible to colds but increase their severity.

# FEBRUARY

Monday

**Saturday 4** Went to school and had the 12 lessons. Very Relieved Date of June. Home again and went up to Howard and Ruth for dinner late.

Tuesday

**Sunday 5** Went over to Ruth Lauchman for a Bridge Party Home very late.

**PREVENTION OF COLDS—II:** Adenoids, malformation of teeth and malformation of dental arches in children interfere with the proper development of the nasal structures and upper jaw, rendering them susceptible to colds in later life. Nasal surgery can often be avoided by giving these conditions in children prompt attention.

## FEBRUARY

Wed

**Monday 6** Wed. again
Stayed home all day -
Had cold being sick
me didn't get to
go to Rich Dolly -
Worked late -
Planned menu for
Saturday dinner.

~~Tuesday~~ 7 Days have been
flying by - Don't get
very much done -
don't - Supposed to
be writing a sleepyhead.

**PREVENTION OF COLDS—III:** Microbes that attack the nose, throat and upper air passages cause most colds. Some of these are believed to be constantly present. When the vitality of the body is lowered, they begin to cause trouble. Usually, colds are caught from other persons, probably by means of inhalation.

# FEBRUARY

Wednesday 8 Went to town and purchased a pair of bedroom shoes. Costing $6.50 — a few other minor things. Linsky met me at the Statler and we started to a show but as it was sleeting we turned home.

Thursday 9 Went to town early to Lifebuoy my curtains. Bought our groceries and hurried home. Cleaned house while Linsky slept a few hours. Bill and Son arrived. Late dinner and then we turned

**PREVENTION OF COLDS—IV:** Becoming thoroughly chilled will often cause a cold. Since exposure cannot as a rule be entirely avoided during the cold seasons, the body must be trained to resist sudden changes of heat. Cool bathing—cold bathing for those who can stand it—are desirable.

## FEBRUARY

Sat'y & Sunday - to the
**Friday 10** Y.M.C.A. for a dance
and also over
to the Engineers Club
Home Plate Finely
settled our bills
and we grasped
a few moments.

Monday
~~Saturday~~ **11** Lynn was ill
and she had a
little Card Party
Ruth, Hazel & Ruth
Hazard & Mrs Little
and Rose. Not Marcel
Jones.

**PREVENTION OF COLDS—V:** Extremely heavy coats and wraps should be worn only during such exposure as motoring and during very cold weather. Change your outer clothing with the weather. Don't wear heavyweight underwear, especially if you are an office worker spending most of your time in a warm office.

# FEBRUARY

Tuesday.

**Sunday 12** Went to Mass for a shave. Dave came home. Was very sorry.

Wed.

**Monday, 13** Went to school and learned a few things. Then to see Keith D. for a few minutes.

**PREVENTION OF COLDS—VI:** Over-heated rooms are as bad as cold rooms. In ordinary homes, the temperature should not exceed 68 degrees Fahrenheit. Adequate ventilation is essential. Excessive eating is harmful for it may cause congestion of the nose. Constipation makes perons susceptible to colds.

# FEBRUARY

Thurs.
Tuesday 14 Valentines day
was respectfully observed
Never Heard Exactly
a Valentine Party but
was told, forgotten by
two. Kept a 3 lb.
Satin heart filled with
delicious Chocolates.
Friday
Wednesday 15 Was a Friday
and Count remembered
Grandchildren by Writing
appreciated

PREVENTION OF COLDS—VII: Watery discharges from the nose and a congested feeling in the head are due to exposure and may develop into colds. Take prompt precautions—a hot foot-bath lasting about 20 minutes, followed by a hot drink and rubbing of the neck and chest with camphorated oil. Then go to bed.

# FEBRUARY

Sat.
~~Thursday~~ 16 Went to town and had Underwood Company "Maid of Erin" Catholic Library lect. I spent after to visit with Ruth for a couple hours.

Sunday
~~Friday~~ 17 Lyman Ward and Wilbur came over for dinner and stayed until 5 o'clock to evening. Then parting.

**PREVENTION OF COLDS—VIII:** Avoid nasal douches unless prescribed by a physician. Avoid large doses of quinine and whiskey. Dropping freely into the nostrils liquid vaseline is a simple remedy—this should be done as frequently as three times a day. In blowing the nose, avoid violence and close one nostril.

# FEBRUARY

Monday

**Saturday 18** Went to a show last "Take Her Dear" "In the Arizona" "My Partner" Enjoy the Safety record were very "effective" Has also Ford Licensed and Chauffeur Brenda with the Stranger gentleman.

**Sunday 19** Very cold to me attended to Stay home Jan frosted all day. Studied Learned.

**PREVENTION OF COLDS—IX:** Do not sneeze or cough into the air at random—avoid the spread of infection by using your handkerchief. When suffering from a cold, use gauze or cheese cloth in place of the handkerchief—burn them after using, lessening the danger of the spread of infection.

## FEBRUARY

Wed
**Monday 20** Went to school and started my dress. Planned to go to the town tournament at Ruth's gala. "Spent Christmas of the day. Jan. "Coming Sunday 25th being buried!"

Thur
**Tuesday 21** Went to town and Lizzie met me at the Statler Hotel took me with her over to East St. Louis back to the house for dinner and home again to busy myself with the ironing.

**HEAT OF THE STARS**—The heat of yellow stars like the sun has been estimated at about 6,000 degrees Centigrade. The heat of blue-white stars varies from 10,000 to 15,000 degrees. The heat of red stars varies from 3,000 to 4,000 degrees.

# FEBRUARY

Friday
Wednesday 22 Traveled to Joan's Mom had dinner ready for us, and we were both really tired.

Sat
Thursday 23 Called Silas and Celine, went to town restaurant and decor Jandy playing ball (Pirates won) 2nd place. Saw Bing a few kids I knew.

**COLOR IN WOMEN'S CLOTHES**—A woman's eyes and hair usually determine the ideal colors for her clothes. Most desirable for the blonde woman with warm coloring is pink; for the blonde woman with a fair skin, black is ideal. Brunettes should choose good shades of red, pink, tan and lavender.

## FEBRUARY

~~Sunday~~
~~Friday~~ 24 Manymen hand to leave by Lady - and the roads being bad we didn't go anywhere. I felt rather sick so went to bed early

~~Saturday~~ 25 Monday - Left home about eleven A.M. reached St. Louis and found - Roads very bad condition and we travelled in a steady pour down.

**WOMEN'S HAIR**—Blonde-haired women have thinner hair than black-haired women. The average number of hairs on the head of the blonde woman is about 150,000; the average number of hairs on the black-haired woman's head is about 110,000; the average number of hairs on the red-haired woman's head is less than 35,000.

# FEBRUARY

Sunday 26 Worked a bible - Jigsaw and Watched; Grace dressed early

Monday 27 Went up to Mark Hill & five minutes and played Bridge

**RACES OF MANKIND**—Three principal races are now recognized, these being the white, yellow-brown and black. The white includes the Mediterranean, Nordic and Alpine. The yellow-brown includes the Mongoloids, Malays and American Indian. The black includes the Negrito, Negrilos, Bushmen, Melenesian Negroes, African Negroes and Australian Negroes.

## FEBRUARY

Thru
~~Tuesday~~ 28 Nary a more thing happened. Lyman cleaned the Yard all up Nicely.

Jan
~~Wednesday~~ 29 Went down the P.O. with Lyman.

**HOTTEST TOWN ON EARTH**—Azizia in Tripoli bears this distinction. In the summer of 1924, it was recorded at 136.4 degrees Fahrenheit. Azizia is about twenty-five miles south of the Mediterranean Sea. In Death Valley, California, temperature as high as 134.1 has been recorded.

# MARCH

Sat

**Thursday 1** Stayed home until Ruth Held took me with her to a Dance store in Shelbina for a few minutes.

Sun

**Friday 2** Went to 744 for dinner. Home bout 8:30 With a basket of ice cream and some candy bars. Lyons had to work.

**HIGHEST WATERFALLS ON EARTH:**

| | |
|---|---|
| Stirling, New Zealand—1,904 ft. | Gavarnie, France—1,385 ft. |
| Ribbon, Yosemite Park—1,612 ft. | Takkakaw, British Columbia—1,200 ft. |
| Roraima, British Guiana—1,500 ft. | Widow's Tears, Yosemite—1,170 ft. |
| Upper Yosemite, California—1,430 ft. | Staubbach, Switzerland—980 ft. |
| Kalambo, South Africa—1,400 ft. | Vettis, Norway—950 ft. |

## MARCH

Saturday 3

Sunday 4

**HOW TO REMOVE ICE CREAM STAINS**—Use ether or chloroform to sponge the stained cloth and rub in powdered French chalk when dry. Leave the chalk on overnight, brushing it out in the morning.

# MARCH

Wed
Monday 5 Went to town and paid some bills.

Thurs
Tuesday 6 Called Mrs. Field and worked hard the rest of the evening.

**WHEN MAKING DOUGHNUTS**—To prevent doughnuts, crullers and similar cakes from absorbing the grease in which they are fried, add one teaspoonful of vinegar to the grease in which you fry them.

## MARCH

Friday

Wednesday 7 ..... A call from Mrs. Bullen.

Sat.

Thursday 8 ..... Lester called and I had only had much sleep, however I went to work and received a new typewriter and chair. Lester brought me some roses when he came out.

**THE BIBLE**—It is now printed in more than 582 languages. It was first printed by Gutenberg in Mentz, Germany in 1462. The Old Testament has 929 chapters and over 592,000 words. The New Testament has 260 chapters and over 181,000 words.

## MARCH

Sun
Friday 9 Nola and Mac came out for dinner about four and Ruth and Evelyn came about 4:30 - Stayed, spent the day, Dark Luck, Superstition Road to W.S.K.

Mon
~~Saturday~~ 10 Went to Ruth Hawkins for dinner took a drive and spent a good time -

**CASUALTIES OF THE WORLD WAR**—The total number of casualties of the World War, including soldiers killed, wounded, prisoners and missing was 37,399,386. Of these, 22,094,900 were Allies. The total number, killed and died, was 8,543,515. Of these, 5,157,315 were Allies.

## MARCH

Tues

Sunday 11 Raining hard
all forenoon of fine
girls to eat Sand
I chased with Lynn
on Mrs Lucas to spend
the nite with Billie

Wed

Monday 12 Home last Seven
bells, and we
decided to go to
a show. We under
the Wop about and
were treated to
an opera by [illegible]

TO PRESERVE WOODEN VESSELS—When not in use, wooden buckets and washtubs should have a few inches of water left in them. This will keep the wood moist, prevent it from shrinking and consequently avert the leaks which often result from the dryness of the wood.

## MARCH

Tuesday 13 Went over to Rudds & after dinner I went to town and purchased a new pair of pumps and a cap for Papa.

Wednesday 14 Rained and was dreadful unpleasant. I stayed in Children's Hospital.

**GREAT RESISTANCE OF ANTHRAX GERM**—The anthrax bacillus probably has greater powers of resistance than any other germ known to science. Ordinary disinfectants have no effect upon it. Anthrax spores have remained alive after being boiled five hours. Fortunately, anthrax is a rare disease.

# MARCH

Sat
Thursday 15 Went to the American and couldn't find dates as Wed changed to a dime store for a few minutes on to the market and home again.

Sun
Friday 16

**IF A CHILD'S FIRST TEETH DECAY**—If cavities occur in a child's first teeth before the time for shedding, it is advisable to have them filled. The second teeth derive nourishment from the first teeth and are led into their proper places by them. In addition, the child needs good teeth for proper mastication.

## MARCH

Saturday 17 .....

Sunday 18 .....

**HOW TO TEST A HAM**—Into the knuckle and centre run a clean knife. When it comes out sweet-smelling and clean, you may safely eat the ham. If the knife comes out in a smeared, greasy condition and has an unpleasant odor, it indicates that the ham is spoiled.

# MARCH

**Monday 19**

**Tuesday 20**

**THE SEASONS**—Because the axis of the earth is tilted 23 degrees, 27 minutes we have changing seasons. Were the axis permanently perpendicular to the plane of the earth's orbit, the seasons would not change. Only in March and September is the axis at right angles to the sun's direction.

## MARCH

**Wednesday 21**

**Thursday 22**

**PRINCIPAL SOURCES OF INCOME IN THE UNITED STATES**—In order these are: manufacturing industries, agriculture, mercantile business, personal service, the professions, steam railroads, mining and quarrying, reconstruction, banking.

# MARCH

**Friday 23**

**Saturday 24**

**BOILING POINT OF WATER**—Water boils at 212 degrees Fahrenheit or 100 degrees Centigrade at sea level. When the atmospheric pressure becomes lighter, the boiling point of water becomes lower. On a mountain, for example, water will boil at less than 210 degrees Fahrenheit.

# MARCH

**Sunday 25**

**Monday 26**

**NUMBER OF THUNDERSTORMS**—It has been estimated that during the course of one year, there are as many as 16,000,000 thunderstorms on the earth. These occur most frequently in Java and least frequently in the Arctic and Antarctic regions. Thunderstorms are always occurring somewhere.

# MARCH

Tuesday 27 .....

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Wednesday 28 .....

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**BIBLICAL WEIGHTS IN RELATION TO AVOIRDUPOIS**—The Gerah equals .002766 oz. The Bekah equals .02766 oz. The Sheckel equals .05532 oz. The Maneh equals 2.07 lbs. The Talent equals 103.7 lbs.

# MARCH

**Thursday 29** .....

**Friday 30** .....

**LARGEST STEAMSHIPS**—The Leviathan, U. S., has a registered tonnage of 59,957, while its sister ship, The Majestic, British, has a registered tonnage of 56,551. The Majestic is slightly longer—915 feet, 5 inches against 907 feet, 6 inches for The Leviathan. The Leviathan's breadth is 100 feet, 3 inches—two inches more than that of The Majestic.

## MARCH

**Saturday 31** .....

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## APRIL

**Sunday 1** .....

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**TO STOP BLEEDING**—Put your finger on the point that is bleeding and keep it there. Once your finger pressure is put on, there is no immediate danger and a doctor can tend to the rest.

# APRIL

Monday 2 .....

Tuesday 3 .....

**NEW SNAKE BITE SERUM**—When injected within twelve to twenty-four hours of the bite, a new serum counteracts the venom of the three American poisonous snakes—the rattlesnake, copperhead and moccasin. It is equally effective against all three.

# APRIL

**Wednesday 4**

**~~Thursday~~ 5**

**AVERAGE HEIGHT AND WEIGHT AT BIRTH**—Boy babies average 20.6 inches and 7.6 pounds when born. Girl babies average 20.5 inches and 7.16 pounds when born. The height and weight difference increases in favor of boys; at the end of the first year boy babies average 29.375 inches and 21.875 pounds while girl babies average 28.875 inches and 20.75 pounds.

# APRIL

~~Friday~~ 6 .....

~~Saturday~~ 7 .....

**THE WHALE**—It looks like a fish but it is a mammal. It rises to the surface of the water to breathe because, unlike fish, it has no gills. The tail of the whale lies horizontally in the water, in keeping with its necessity of rising. The tails of fish are vertical.

# APRIL

Sunday 8 .....

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Monday 9 .....

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**THE PLATYPUS OR DUCK MOLE**—It is a curious animal living in Australia. It has a bill and webbed feet like a duck but its body is covered with fur. It lays eggs but suckles its young. Scientists say it is a connecting link between bird and mammal.

# APRIL

Tuesday 10 .....

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Wednesday 11 .....

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**AUTOMOBILES BY THE POUND**—It has been estimated that automobiles cost little more by the pound than coffee, cheese, butter or tea. Popular makes of Sedans average about $1.20 a pound. Pianos, phonographs and radios average about $1.50 a pound.

# APRIL

Thursday 12 .....

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Friday 13 .....

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**WORLD'S DEVELOPED WATER POWER**—It is now more than 30,000,000 horse power. The high price of coal has made this development necessary everywhere except in Great Britain. As a whole, Europe now surpasses the United States in developed water power.

# APRIL

**Saturday 14** .....

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**Sunday 15** .....

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**WHEN THE BAROMETER RISES**—Unsettled weather is indicated by a rapid rise, settled weather by a gradual rise and fine weather by a rise with southerly winds. After rain a rise with dry air and increasing cold in the summer indicates better weather. Wind and rain from northward are indicated by a rise with moist air and low temperature.

# APRIL

**Monday 16** .....

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**Tuesday 17** .....

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**WHEN THE BAROMETER FALLS**—Stormy weather is indicated by a rapid fall with westerly wind. Storm with hail and rain in the summer is indicated by a fall with northerly wind. In the winter, a fall with dry air and increasing cold indicates snow. After calm and warm weather, a fall indicates rain and squalls.

# APRIL

**Wednesday 18** .....

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**Thursday 19** .....

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**HOW TO SET GINGHAM COLORS**—Soak the garment for one hour in a solution of ½ cup of vinegar and ½ cup of alum in a pail of luke warm water. After washing, leave the gingham out in the sun just long enough to dry—not longer.

# APRIL

**Friday 20** .....

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**Saturday 21** .....

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**WEIGHT AND VALUE OF GOLD**—The Troy ounce is the unit of weight used; it contains 480 grains which are the same as the grains in avoirdupois weight, but the avoirdupois ounce only contains 437½ grains. A fine ounce of gold (pure gold) is worth $20.67.

# APRIL

**Sunday 22** .....

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**Monday 23** .....

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**THE HUMAN BRAIN**—Its average weight is 49 ounces which is 2.37 per cent of the total average weight of the human body. The male brain is slightly heavier than the female brain, this being in keeping with the greater height and weight of the male body.

# APRIL

**Tuesday 24** .....

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**Wednesday 25** .....

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**COMPARISONS OF UNITED STATES AND METRIC MEASURES**—One meter equals 39.37 inches. One liter equals 1.05671 quarts. One kilogram equals 2.20462 pounds avoirdupois. One kilometer equals .62137 miles.

# APRIL

**Thursday 26** .....

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**Friday 27** .....

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**OLYMPIC GAMES**—Originally instituted in Greece sometime between 1453 B. C. and 1307 B. C., abolished in 393 A. D., and restored in 1896 at Athens, they are now held every four years. The 1928 Olympic Games will be held in Amsterdam, nations in all parts of the world being represented.

# APRIL

Saturday 28 .....

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Sunday 29 .....

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**THE CATHODE RAY TUBE**—It sends out streams of electrons traveling at the rate of 150,000 miles a second. Using 350,000 volts, its inventor, Dr. W. D. Coolidge, has produced as much energy as could be obtained from a ton of radium of which less than one pure pound exists.

## APRIL

Monday 30 .....

## MAY

Tuesday 1 .....

**SEVEN WONDERS OF THE ANCIENT WORLD**—These were the pyramids of Egypt, the hanging gardens of Babylon, the Temple of Diana in Asia Minor at Ephesus, the statue of Jupiter Olympus in the valley of Olympia, the tomb of Mausolus in Asia Minor at Halicarnassus, the Pharaoh of Alexandria on the Island of Pharos and the Colossus of Rhodes at the port of the City of Rhodes.

# MAY

Wednesday 2 .....

Thursday 3 .....

**NUMBER OF MALES AND FEMALES**—There are at the present time more males than females in the United States, the ratio being about 104 males to 100 females. In the District of Columbia, Georgia, Massachusetts, New York, North Carolina, South Carolina and Rhode Island only there are more females.

# MAY

~~Friday~~ 4 .....

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Saturday 5 .....

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**HOW TO STOP HICCOUGHS**—Dip a lump of sugar in vinegar and allow it to dissolve in the mouth or insert a teaspoon down deep into the mouth and press upon the tongue.

# MAY

Sunday 6 .....

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Monday 7 .....

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**WILLS—I:** The final disposition of a person's property is a will or testament An addition to or change in a will is a codicil. With the exception of infants, idiots and persons of unsound mind, everybody is competent to make a will. In most states, a will must be in writing.

# MAY

**Tuesday 8** .....

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**Wednesday 9** .....

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**WILLS—II:** A will made orally by a mariner at sea or by a soldier in active service is called a noncupative—an unwritten will. The age at which a will may be made varies in different states, from 14 to 21 years. The number of witnesses required is three in some states and two in others.

# MAY

**Thursday 10** .....

**Friday 11** .....

**CIRCUMFERENCE OF A CIRCLE**—Multiply the diameter by 3.1416. For quick, general calculations, multiply the diameter 3 1/7. To determine the area of a circle, multiply the square of the diameter by .7854, using 4/5 for rough calculations.

# MAY

~~Saturday~~ 12 .....

~~Sunday~~ 13 .....

**MORE WOMEN OVER 100 YEARS OLD**—There are more than 4,000 men and women over 100 years of age living in the United States at the present time. Among these American centenarians, the ratio is about seven to four in favor of the women.

# MAY

~~Monday 14~~

~~Tuesday 15~~

## SOME OF THE WORLD'S LONGEST BRIDGES:

St. Lawrence, Quebec—1,800 ft.
Delaware, Philadelphia—1,750 ft.
Firth of Forth, Scotland—1,710 ft.
Sydney Harbor, Australia—1,650 ft.
Bear Mountain, Peekskill—1,632 ft.
Williamsburg, New York—1,600 ft.
Brooklyn, New York—1,596 ft.
Hudson, Poughkeepsie—1,500 ft.
Manhattan, New York—1,470 ft.
Queensboro, New York—1,182 ft.

# MAY

Wednesday 16 .....

Thursday 17 .....

**THE COMMON HOUSE FLY**—This insect which breeds in filth is responsible for a greater toll of life than all other harmful insects and animals combined. It breeds so rapidly and attains maturity so soon that in one season, a male and female fly may hand down a posterity of millions.

# MAY

~~Friday~~ 18 .....

~~Saturday~~ 19 .....

**BRIAR**—This wood used extensively for bowls of pipes is obtainable only in Algeria, Italy and the region along the western Mediterranean. The hard root of the plant alone is suitable for the purpose. It requires more than a half century for Briar to mature sufficiently for pipes.

# MAY

**Sunday 20** .....

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**Monday 21** .....

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**ABSOLUTE ZERO**—The point at which bodies on the earth are absolutely without heat is 459.4 below zero Fahrenheit and 273.1 below zero Centigrade. These figures have been determined by observations of the contraction of cooled gases.

# MAY

**Tuesday 22** .....

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**Wednesday 23** .....

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**COAL TAR**—It is undoubtedly one of the most valuable minerals. From it we get dyes, disinfectants, anaesthetics, a sugar substitute and a multitude of other products. Phenol which comes from coal tar is one of the ingredients of Bakelite.

# MAY

**Thursday 24** .....

**Friday 25** .....

**ARCTIC EXPLORATION** — Three Expeditions have reached the North Pole. Robert E. Peary reached 90 degrees north latitude in 1909; Commander R. E. Byrd flew to the North Pole in an aeroplane in 1926. Roald Amundsen flew there in a dirigible in 1926.

# MAY

Saturday 26 .....

Sunday 27 .....

**ANTARCTIC EXPLORATION**—In 1911 Roald Amundsen reached the South Pole. Captain Robert F. Scott reached 90 degrees south latitude in 1912. In 1909, Sir Ernest Shackleton reached 88 degrees 23 minutes south latitude, within 100 miles of the South Pole.

# MAY

Monday 28 .....

Tuesday 29 .....

## GREAT INVENTIONS AND THEIR INVENTORS—I:

Aeroplane—Wright Brothers
Airbrake—Westinghouse
Arc lamp—Brush
Alternate-current motor—Tesla
Automatic car-coupler—Janney
Automobile—Duryea; Haynes
Block printing—Unknown Chinese inventor
Carborundum—Acheson
Carding machine—Whittemore

# MAY

**Wednesday 30** .....

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**Thursday 31** .....

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## GREAT INVENTIONS AND THEIR INVENTORS—II:

Celluloid—Hyatt
Centrifugal creamer—De Laval
Chrome tanning—Schulz
Cotton gin—Whitney
Diesel oil motor—Diesel
Dry air blast furnace process—Gayley
Duplex telegraph—Gintl
Dynamite—Nobel
Electric locomotive—Vail

# JUNE

**Friday 1** .....

**Saturday 2** .....

## GREAT INVENTIONS AND THEIR INVENTORS—III:

Electric steel—Heroult
Electric welding—Thomson
Electro magnet—Henry
Flying shuttle—Kay
Gas engine—Otto
Gunpowder—Schwartz
High-speed steel—Taylor and White
Hydro-aeroplane—Curtiss
Incandescent lamp—Edison
Leyden jar—Kleist

# JUNE

**Sunday 3** .....

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**Monday 4** .....

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## GREAT INVENTIONS AND THEIR INVENTORS—IV:

Lightning rod—Franklin
Linotype—Mergenthaler
Manganese steel—Hadfield
Mantle burner—Wellsbach
Motion pictures—Edison
Mowing machine—R. Eickemeyer
Phonograph—Edison
Photography—Daguerre and Niepec
Railway block signals—Hall
Recording adding machine—Burroughs

# JUNE

**Tuesday 5** .....

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**Wednesday 6** .....

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## GREAT INVENTIONS AND THEIR INVENTORS—V:

Sewing machine—Howe
Spinning jenny—Hargreaves
Steam engine—Watt
Steamboat—Fitch; Fulton
Stethoscope—Laennec
Telegraph—Morse
Telephone—Bell
Typewriter—Sholes
Transparent photographic film—Eastman
Vulcanized rubber—Goodyear

## JUNE

**Thursday 7** .....

**Friday 8** .....

**AURORA BOREALIS**—It is a light display also called "Northern Lights" in the upper atmospheric regions, and the north magnetic pole. Its color is white throughout or brilliant green, yellow and red. In the direction of the south magnetic pole is an Aurora Australis.

# JUNE

**Saturday 9** .....

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**Sunday 10** .....

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## WEDDING ANNIVERSARIES:

First—Cotton
Second—Paper
Third—Leather
Fifth—Wooden
Seventh—Woolen
Tenth—Tin
Twelfth—Silk and fine linen
Fifteenth—Crystal
Twentieth—China
Twenty-fifth—Silver
Thirtieth—Pearl
Fortieth—Ruby
Fiftieth—Golden
Seventy-fifth—Diamond

# JUNE

**Monday 11**

**Tuesday 12**

**BIRTHSTONES:**

January—Garnet
February—Amethyst
March—Bloodstone and aquamarine
April—Diamond
May—Emerald
June—Pearl and Moonstone
July—Ruby
August—Sardonyx and Peridot
September—Sapphire
October—Opal and Tourmaline
November—Topaz
December—Turquoise and Lapis-lazuli

## JUNE

Wednesday 13 .....

Thursday 14 .....

### WORLD'S LONGEST RIVERS—I:

Nile—4,000 miles
Amazon—3,900 miles
Ob—3,200 miles
Yangtse—3,100 miles
Missouri—2,945 miles
Amur—2,900 miles
Congo—2,900 miles
Niger—2,900 miles
Yenisei—2,800 miles
Yellow—2,700 miles

# JUNE

~~Friday~~ 15

~~Saturday~~ 16

## WORLD'S LONGEST RIVERS—II:

Lena—2,600 miles
Mackenzie—2,525 miles
Mekong—2,500 miles
Mississippi—2,486 miles
Parana—2,450 miles
Murray—2,310 miles
Volga—2,300 miles
La Plata—2,300 miles
St. Lawrence—2,150 miles
Madeira—2,000 miles

## JUNE

**Sunday 17**

**Monday 18**

**HIGHEST CONTINENTAL ALTITUDES: North America**—Mt. McKinley, 20,300 feet. **South America**—Mt. Acongua, 23,080 feet. **Europe**—Mt. El Bruz, 18,465 feet. **Asia**—Mt. Everest (highest point on earth), 29,141 feet. **Africa**—Kilimanjaro, 19,456 feet. **Australia**—Mt. Kusciusko, 7,323 feet.

## JUNE

**Tuesday 19**

**Wednesday 20**

**LOWEST CONTINENTAL ALTITUDES: North America**—Death Valley, 276 feet below sea level. **South America**—No point below sea level. **Europe**—Caspian Sea, 86 feet below sea level. **Asia**—Dead Sea (lowest point on earth), 1,290 feet below sea level. **Africa**—Sahara Desert, 75 feet below sea level. **Australia**—Lake Eyre, 30 feet below sea level.

## JUNE

**Thursday 21** .....

**Friday 22** .....

**EXPRESSIONS FOUND IN MUSIC—I: Adagio**—Slow degree of movement demanding much taste and expression. **Allegro** or **Allegretto**—Quick or lively, fast rhythm. **Andante**—Slow, sedate, soothing style of rhythm. **A Tempo**—In regular time again after a changed ryhthm.

## JUNE

Saturday 23

Sunday 24

**EXPRESSIONS FOUND IN MUSIC—II: Divertisement**—A light selection; in opera, is the lighter entertainment; diversion. **Forte**—Loud, with vigorous rhythm or sound. **Largo**—Slow, majestic, broad ryhthm. **Lento**—Slow, peaceful rhythm. **Legato**—Smooth, connected style. **Poco a poco**—Little by little. **Piano**—Softly.

## JUNE

Monday 25 .....

Tuesday 26 .....

**EXPRESSIONS FOUND IN MUSIC—III: Potpourri.**—Fantasia on popular airs. **Staccato**—Jerky, disconnected style of rhythm. **Sonata**—A musical composition for the piano with definitely constructed parts.

## JUNE

**Wednesday 27**

**Thursday 28**

**EXPRESSIONS FOUND IN MUSIC—IV: Symphony**—A musical composition for an orchestra of various instruments, constructed in the manner of a Sonata but with its four large parts or movements larger. **Scherzo**—Third and rather lively, or grand, or spirited movement of a sonata or symphony. **Sostenuto**—In a sustained or clinging rhythm.

## JUNE

Friday 28

Saturday 29

**WHEN CONTRACTS ARE VALID**—There must be a definite agreement, a consideration, something of value must be given up by one party or received by the other; the parties must be competent; consent must not be the result of imposition or fraud; the purpose of the contract must be legal.

# JULY

Sunday 31 Cooked dinner for Lynn, Mother & Dad. Hot all day and Lynn had to work. So there was a lot to do, left to go for a short drive.

July

Monday 1 Lynn was off but we didn't go anywhere in particular, took a drive and went to bed early.

**THE MOUTH**—Because it is always warm, moist and without light and because germs find these conditions most favorable to breeding, the mouth is often a source of infection. Mouth hygiene is therefore essential to good health.

## JULY

Tuesday 2 Made a trip to town and bought Lynn a serum suit and me a ring to hook. Home again and made preparation to go to Dad's tomorrow.

Wednesday 3 Went down to the house and got the Lad. Started home about 1:30. Reached home about 6 bells and found Grace waiting for to see us. Tod

**HOW TO REMOVE GRASS STAINS**—Use cold water or soap and cold water. If these do not prove sufficient, use alcohol or a bleaching agent.

## JULY

Thursday 4 Just a regular picnic day. Last Lynn was visiting close so we did it. have very much fun. Went to ole Erlene and took her to the picnic.

Friday 5 Up bright and early and ready to drive back to St. Louis with load of Vegetables, My a Chicken, Very tired when we arrived about four hello.

**SUNBURN REMEDY**—To sunburnt parts apply linen saturated with a mixture of one part of limewater in two parts of linseed oil, thoroughly shaken up. Bind the linen tightly over the painful places.

# JULY

Saturday 4 Lynn was off for a change so Kay played Cards with Katherine instead of making a third. Part of Settled game of bridge. When they played Cards together for the first time.

Sunday 5 Kay & I Short Saturday but didn't do anything special. Capt. took us Direct Con. ride.

**HOT WEATHER "DON'TS"—I:** Don't overeat or overdrink.
Drink at least six glasses of water, cooled, but not iced, daily.
Don't overwork.
Don't wear heavy clothing.
Don't fail to sleep with the windows open.

# JULY

**Monday** 8

Chased Gertrude
with Ruth Houghton
to the telephone
after a little race
Ruth and Mrs.
Cornell. By my surprise
found my doctor there
again.

**Tuesday** 9

Mrs. Cornell
came after me to
play a little bridge
had a very nice
evening.

**HOT WEATHER "DON'TS"—II:** Don't fail to bathe daily. Those not having baths in their homes should take sponge baths, which are just as refreshing.
Don't eat much meat and not more than once a day.
Don't fail to get a typhoid inoculation before leaving the city.
Don't fail to get eight hours' sleep every night.

## JULY

Wednesday ~~11~~ 10 Stayed home and went to bed rather early. Every body was busy and there was nobody to play with.

Thursday 11 Ruth came over and said Mrs. C. wanted to play bridge so we decided to play first time. Madge a grand slam and Ruth "the stuff".

### HOT WEATHER "DON'TS" FOR MOTHERS

Don't give the baby cow's milk unless it is modified to suit his age, in proper quantity and at regular intervals, according to the doctor's orders.
Don't fail to clean all articles used in connection with baby's food.
Don't fail to give the baby plenty of water to drink several times a day.
Don't clothe or cover the baby so heavily as to cause perspiration. It should sleep alone.

## JULY

**Friday 13** Nothing to do so I chased Rebecca around Chasing with the Mrs. Hand & and we had a little Icecream together.

**Saturday 14** Was alone When Up Phone rang and Lida told me she was Keeping up the following Wed. So Hooper hung up. Then Bill Smith called and we Chased Opet to get Nora. The husband gave me a

**HOW TO RELIEVE EFFECTS OF POISON IVY**—With a five per cent solution of potassium permanganate swab the poisoned places, using a bit of absorbent cotton or a soft cloth. Remove the brown stain which is left by washing with a one per cent solution of oxalic acid.

Little sing about 12, Bells



quite a thrilling Nite.
Ha!

## JULY

**Sunday 14** Went by to see Arline & Norma for a second. Came for dinner and made a mad rush for the St. Paul for a little ride & a heap of "Dance" Pret Evenings and I Lick.

**Monday 15** Took a dance and went over to Lyrno house to show our rug off with our friend Success.

Has given several pictures.

**THUNDERSTORMS AND LIGHTNING—I:** When indoors take these precautions: Keep away from fireplaces because the soot, heated air and fire irons conduct the lightning-electricity; avoid the quicksilver on mirrors; standing on a thick rug or the middle of the house or room is the safest because rugs and wood are non-conductors.

# JULY

**Tuesday 16** Rather a hot dull day - both of us out of sorts. Tried to find picture Coralie lent Candish, so came home via Murray and order to bake the turnips.

**Wednesday 17** Pa urged by Eli Stinson & Jas Nesta Hara to go and see the ind. that get their pay - no paper which are useless. Very glad to get it.

**THUNDERSTORMS AND LIGHTNING—II:** When outdoors take these precautions: keep away from prominent objects such as trees; avoid crowds of persons who give off of their own nature warm vapors through breathing, these being conductors of electricity; during severe thunderstorms do not use an umbrella and remove your watch.

# JULY

**Thursday 19**

Dental appointment for [illegible] and [illegible] to [illegible] [illegible] [illegible]

# JULY

**Saturday 21**

**Sunday 22**

**RULE FOR SELECTION OF HATS**—An old French rule for the selection of women's hats is: With a sombre-colored frock always wear a gay hat; with a gay-colored frock, always wear a sombre-colored hat.

# JULY

**Monday 23** 21

**Tuesday 24**

**ABBREVIATIONS COMMONLY USED—I: A. A. G.**—Assistant Adjutant General. **A. B.**—Bachelor of Arts. **Abp.**—Archbishop. **A. D.**—Anno Domini (year of our Lord). **Adm.**—Admiral. **A. E. F.**—American Expeditionary Force. **A. M.**—Ante Meridian (before mid-day).

# JULY

**Wednesday 25**

**Thursday 26**

**ABBREVIATIONS COMMONLY USED—II: A.N.A.**—Associated National Academician. **A. P.**—Associated Press. **A. Q. M. G.**—Assistant Quartermaster General. **A. R. A.**—Associate of the Royal Academy. **B. A.**—Bachelor of Arts. **B. Arch.**—Bachelor of Architecture.

# JULY

**Friday 27**

**Saturday 28**

**ABBREVIATIONS COMMONLY USED—III:** **Bart. or Bt.**—Baronet. **Batt. or Battn.**—Battalion. **B. C.**—Before Christ; British Columbia. **B. C. L.**—Bachelor of Civil Law. **B. D.**—Bachelor of Divinity. **B. E.**—Bachelor of Engineering. **B. Litt.**—Bachelor of Letters. **B. LL.**—Bachelor of Laws.

# JULY

**Sunday 29**

**Monday 30**

**ABBREVIATIONS COMMONLY USED—IV: B. M. A.**—British Medical Association. **B. Mus.**—Bachelor of Music. **Bp.**—Bishop. **Brig.**—Brigade; Brigadier. **B. S.**—Bachelor of Surgery. **B. Sc.**—Bachelor of Science. **B. Th.**—Bachelor of Theology. **C. or Cent.**—Centigrade. **C. A.**—Chartered Accountant.

## JULY

**Tuesday 31** .....

## AUGUST

**Wednesday 1** .....

**ABBREVIATIONS COMMONLY USED—V:** **Capt.**—Captain. **C. E.**—Civil Engineer. **C. G.**—Commissary General; Consul General. **Chem. E.**—Chemical Engineer. **Chap.**—Chaplain. **C. J.**—Chief Justice. **C. O. D.**—Cash on Delivery. **Col.**—Colony; Colonel. **Comr.**—Commissioner.

# AUGUST

**Thursday 2**

**Friday 3**

**ABBREVIATIONS COMMONLY USED—VI: Corp.**—Corporation; Corporal. **D. or Dem.**—Democratic. **D. C. L.**—Doctor of Civil Law. **D. C. T.**—Doctor of Christian Theology. **D. D.**—Doctor of Divinity. **D. D. S.**—Doctor of Dental Surgery. **D. Eng.**—Doctor of Engineering. **D. F. C.**—Distinguished Flying Cross.

# AUGUST

**Saturday 4** .....

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**Sunday 5** .....

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**ABBREVIATIONS COMMONLY USED—VII:** **D. Litt. or D. Lit.**—Doctor of Literature. **Dr.**—Doctor; Debtor. **D. Sc.**—Doctor of Science. **D. S. O.**—Distinguished Service Order. **D. Th.**—Doctor of Theology. **12mo.**—Folded in twelve. **e. g.**—for example. **F. or Fahr.**—Fahrenheit.

# AUGUST

**Monday 6** .....

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**Tuesday 7** .....

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**ABBREVIATIONS COMMONLY USED—VIII:** **f. o. b.**—free on board. **G. A. R.**—Grand Army of the Republic. **Gen.**—General. **Gov.**—Governor. **Govt.**—Government. **H. E.**—His Excellency; His Eminence. **H. H.**—His or Her Highness; His Holiness. **H. M. S.**—His Majesty's Ship.

# AUGUST

**Wednesday 8** .....

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**Thursday 9** .....

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**ABBREVIATIONS COMMONLY USED—IX:** h.p.—Horsepower. **incog.**—incognito (in secret). **J. or J. J.**—Judge; Judges. **Lat.**—Latin. **lat.**—latitude. **L. H. D. or Lit. D.**—Doctor of Literature. **Litt. D.**—Doctor of Letters. **LL. D.**—Doctor of Laws. **LL. M.**—Master of Laws.

# AUGUST

**Friday 10**

**Saturday 11**

**ABBREVIATIONS COMMONLY USED—X: long.**—longitude. **L. s. d.**—Pounds, shilling and pence (English money). **Lt. or Lieut.**—Lieutenant. **M. A.**—Master of Arts. **M. B. A.**—Master of Business Administration. **M. C.**—Military Cross; Member of Congress. **M. D.**—Doctor of Medicine.

# AUGUST

**Sunday 12** .....

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**Monday 13** .....

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**ABBREVIATIONS COMMONLY USED—XI: mdse.**—merchandise. **M. E.**—Methodist Episcopal; Mining Engineer; Mechanical Engineer. **M. Eng.**—Master of Engineering. **M. F.**—Master of Forestry. **M. P.**—Member of Parliament. **M. S.**—Master of Surgery. **MS. or MSS.**—Manuscript. **M. Sc.**—Master of Science.

# AUGUST

**Tuesday 14** .....

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**Wednesday 15** .....

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**ABBREVIATIONS COMMONLY USED—XII: N. A.**—National Academician. **obit.**—Obitur (he died). **8vo.**—Octavo (folded in eight). **p. c.**—per cent; post card. **Ph. B.**—Bachelor of Philosophy. **Ph. D.**—Doctor of Philosophy. **P. M.**—Post Meridian (after mid-day); Postmaster.

# AUGUST

**Thursday 16** .....

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**Friday 17** .....

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**ABBREVIATIONS COMMONLY USED—XIII:** **P. O.**—Post Office. **pp.**—Pages. **Pres.**—President. **Prof.**—Professor. **P. S.**—Postscriptum. **Pte.**—Private (soldier). **Q. M. C.**—Quartermaster-General. **R. or Rep.**—Republican. **R. C.**—Roman Catholic. **Rear-Adm.**—Rear Admiral. **Regt.**—Regiment.

# AUGUST

**Saturday 18** .....

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**Sunday 19** .....

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**ABBREVIATIONS COMMONLY USED—XIV:** **R. O. T. C.**—Reserve Officers' Training Corps. **R. S. V. P.**—Respondez s'il vous plait (answer please). **Rev.**—Reverend. **Sc. B.**—Bachelor of Science. **Sc. D.**—Doctor of Science. **Sc. M.**—Master of Science. **SS.**—Steamship, saints.

# AUGUST

**Monday 20** .....

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**Tuesday 21** .....

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**ABBREVIATIONS COMMONLY USED—XV:** **St.**—Street; Saint. **S. T. D.**—Doctor of Sacred Theology. **U. S. P.**—United States Pharmacopoeia. **Visc.**—Viscount. **viz.**,—videlicet (namely). **V. P.**—Vice President. **vs.**—versus (against).

# AUGUST

**Wednesday 22** .....

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**Thursday 23** .....

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**AUTOMOBILE FACTS—I: Mileage Cost of Running an Automobile**—Government experts have figured the cost of operating a moderately priced car at 7c. a mile. This includes original cost, depreciation, gasoline, tires, etc.

# AUGUST

**Friday 24** .....

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**Saturday 25** .....

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**AUTOMOBILE FACTS—II: To Keep Windshield from Being Rain-Blurred**—Wipe it downward with a soft, wet cloth with solution of 1 oz. water, 2 oz. glycerine, and 1 dram salt.

# AUGUST

**Sunday 26** .....

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**Monday 27** .....

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**AUTOMOBILE FACTS—III:** Don't run your motor in a closed garage or sit in a closed car with the motor running! Because the engine generates carbon monoxide, an odorless, tasteless but with absence of fresh air, instantly fatal gas. Have some fresh air in the tonneau all the time.

# AUGUST

**Tuesday 28** .....

**Wednesday 29** .....

**AUTOMOBILE FACTS—IV: For the Better Protection of Your Tires**—After each 2,500 miles of service each tire should be taken from rim, deflated, and cleaned. Inside of casing should be washed with clean gasoline and after drying should be dusted with talc. Both tread and inside should be inspected for cuts. Rims should be cleansed of rust.

# AUGUST

**Thursday 30** .....

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**Friday 31** .....

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**AUTOMOBILE FACTS—V: Holes or Cuts in the Casing of Your Tires** should be filled at once with vulcanizing compound to prevent sand and water from spreading them and causing a blowout.

# SEPTEMBER

**Saturday 1** .....

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**Sunday 2** .....

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## KITCHEN WEIGHTS AND MEASURES—I.

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|---|---|---|---|
| 4 large tablespoonsful | ½ gill | 1 tablespoonful | ½ oz. |
| 1 teacup | 1 gill | 1 large wine glass | 2 ozs. |
| 1 common sized tumbler | ½ pint | 8 quarts | 1 peck |
| 2 cups | 1 pint | 4 cups flour | 1 pound |
| 2 pints | 1 quart | 2 cups solid butter | 1 pound |
| 4 quarts | 1 gallon | | |

# SEPTEMBER

**Monday 3** .....

**Tuesday 4** .....

**KITCHEN WEIGHTS AND MEASURES—II.**

| | |
|---|---|
| 2 cups granulated sugar .....1 pound | 2-2/3 cups brown sugar .....1 pound |
| 3 cups cornmeal .....1 pound | 2 cups solid meat.....1 pound |
| 2-2/3 cups powdered sugar.....1 pound | |

# SEPTEMBER

**Wednesday 5** .....

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**Thursday 6** .....

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## KITCHEN WEIGHTS AND MEASURES—III.

16 ounces .....1 pound
2 table-spoons butter, sugar, salt.....1 ounce
4 table-spoons flour.1 ounce
16 table-spoons .....1 cup
60 drops .....1 tea-spoon

## SEPTEMBER

**Friday 7** .....

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**Saturday 8** .....

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### KITCHEN WEIGHTS AND MEASURES—IV.

1 cup shelled almonds .....¼ pound
¼ pound cornstarch.. 1 cup

8 salt spoons ... 1 tea-spoon
3 tea-spoons .....1 table-spoon
3 table-spoons ..¼ cup

# SEPTEMBER

**Sunday 9** .....

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**Monday 10** .....

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## AVERAGE HEIGHT AND WEIGHT OF MEN.

| Age Group | Ht. and Weight 5′ | Ht. and Weight 5′1″ | Ht. and Weight 5′2″ | Ht. and Weight 5′3″ | Ht. and Weight 5′4″ | Ht. and Weight 5′5″ | Ht. and Weight 5′6″ | Ht. and Weight 5′7″ |
|---|---|---|---|---|---|---|---|---|
| 15-19 | 113 | 115 | 118 | 121 | 124 | 128 | 132 | 136 |
| 20-24 | 119 | 121 | 124 | 127 | 131 | 135 | 138 | 142 |
| 25-29 | 124 | 126 | 128 | 131 | 134 | 138 | 142 | 146 |
| 30-34 | 127 | 129 | 131 | 134 | 137 | 141 | 145 | 149 |

# SEPTEMBER

**Tuesday 11** .....

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**Wednesday 12** .....

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## AVERAGE HEIGHT AND WEIGHT OF MEN.

| Age Group | Ht. and Weight 5′ | Ht. and Weight 5′1″ | Ht. and Weight 5′2″ | Ht. and Weight 5′3″ | Ht. and Weight 5′4″ | Ht. and Weight 5′5″ | Ht. and Weight 5′6″ | Ht. and Weight 5′7″ |
|---|---|---|---|---|---|---|---|---|
| 35-39 | 129 | 131 | 133 | 136 | 140 | 144 | 148 | 152 |
| 40-44 | 132 | 134 | 136 | 139 | 142 | 146 | 150 | 154 |
| 45-49 | 134 | 136 | 138 | 141 | 144 | 148 | 152 | 156 |
| 50-54 | 135 | 137 | 139 | 142 | 145 | 149 | 153 | 157 |

# SEPTEMBER

**Thursday 13** .....

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**Friday 14** .....

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## AVERAGE HEIGHT AND WEIGHT OF WOMEN.

| Age Group | Ht. and Weight 4'11" | Ht. and Weight 5' | Ht. and Weight 5'1" | Ht. and Weight 5'2" | Ht. and Weight 5'3" | Ht. and Weight 5'4" | Ht. and Weight 5'5" |
|---|---|---|---|---|---|---|---|
| 15-19 | 110 | 112 | 114 | 117 | 120 | 123 | 126 |
| 20-24 | 113 | 115 | 117 | 120 | 123 | 126 | 129 |
| 25-29 | 116 | 118 | 120 | 122 | 125 | 129 | 132 |
| 30-34 | 119 | 121 | 123 | 125 | 128 | 132 | 136 |

# SEPTEMBER

**Saturday 15** .....

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**Sunday 16** .....

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## AVERAGE HEIGHT AND WEIGHT OF WOMEN.

| Age Group | Ht. and Weight 5'6" | Ht. and Weight 5'7" | Ht. and Weight 5'8" | Ht. and Weight 5'9" | Ht. and Weight 5'10" | Ht. and Weight 5'11" | Ht. and Weight 6' |
|---|---|---|---|---|---|---|---|
| 35-39 | 140 | 144 | 148 | 152 | 155 | 158 | 162 |
| 40-44 | 147 | 148 | 152 | 156 | 159 | 162 | 165 |
| 45-49 | 151 | 151 | 155 | 159 | 162 | 166 | 169 |
| 50-54 | 152 | 157 | 162 | 166 | 170 | 174 | 177 |

# SEPTEMBER

**Monday 17** .....

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**Tuesday 18** .....

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**WEATHER WISDOM—I:** A gray, lowering sunset, or one where the sky is green or yellowish green, indicates rain. A red sunrise, with clouds lowering later in the morning, also indicates rain. A halo after fine weather indicates a storm. A morning rainbow is a sign of rain, an evening one of fine weather.

## SEPTEMBER

**Wednesday 19** .....

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**Thursday 20** .....

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**WEATHER WISDOM—II:** A deep blue sky, even when seen through clouds, means fair weather, a growing whiteness an approaching storm. Fogs indicate settled weather. A morning fog usually breaks up before noon. Unusual clearness of the atmosphere, or unusual twinkling of the stars or unusual brightness indicates rain.

## SEPTEMBER

**Friday 21** .....

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**Saturday 22** .....

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### CONTENTS OF GOOD MEDICINE CHEST—I.

The following drugs and appliances are suggested for the home medicine cabinet. If there is no medicine closet in the house, it may be convenient to know they will go into a box measuring 11 x 10 x 4 inches. Each of these should have its own place in the cabinet and should not be shifted. This rule will prevent mistakes, and a mistake in giving medicine is a very serious matter.

# SEPTEMBER

**Sunday 23** .....

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**Monday 24** .....

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## CONTENTS OF GOOD MEDICINE CHEST—II.

No. 1—ALCOHOL, TWO OUNCES. Alcohol is for external use, to relieve the pain of sprains, strains, bruises, etc., as a liniment, and to refresh and keep the skin in good condition during illness.

No. 2—AROMATIC SPIRITS OF AMMONIA. (Rubber Cork). TWO OUNCES. Aromatic Spirits of Ammonia, is a stimulant, and is useful to revive a fainting person, or for shock or weakness. In addition, such a person should be made to lie down flat on his back with no pillow. This is so the brain may get plenty of blood.

# SEPTEMBER

**Tuesday 25** .....

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**Wednesday 26** .....

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No. 3—CASTOR OIL, TWO OUNCES, TWO BOTTLES. Castor Oil is a mild purgative. Use half to one teaspoonful for infants, one to two teaspoonfuls for a child and more for an adult. As diarrhea is usually due to irritating, decomposing matter in the bowels, the best way to cure it is, first to get rid of this by means of a purge. The effect of castor oil is slightly constipative afterward, but a laxative diet will remedy this. A drop or two in the eye helps in removing any foreign substance which may have lodged there.

# SEPTEMBER

**Thursday 27** .....

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**Friday 28** .....

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No. 4—SEIDLITZ POWDERS, TWELVE IN BOX. Seidlitz Powders are a mild purge for constipation, sick stomach or bilious headache.

No. 5—MUSTARD, POWDERED, TWO OUNCES. Mustard Powders are taken a teaspoonful in a glass of lukewarm water to cause vomiting. Either mustard or ipecac is a good remedy in convulsions in children.

No. 6—SYRUP OF GINGER, TWO OUNCES. Syrup of Ginger is for cramp in the stomach and diarrhea with cramps. Dose, one-third teaspoonful in a glass of water.

# SEPTEMBER

**Saturday 29** .....

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**Sunday 30** .....

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No. 7—SYRUP OF IPECAC, TWO OUNCES. Syrup of Ipecac is especially used as an emetic (to make one vomit) in croup in children. Dose, one teaspoonful followed by a drink of warm water. Also wring cloths out in hot water and put them on the child's chest and throat. Cover with dry cloth and change them as soon as they cool. Call a doctor.

# OCTOBER

**Monday 1** .....

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**Tuesday 2** .....

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No. 8—FIVE-GRAIN BISMUTH SUBNITRATE TABLETS, FIFTY IN BOTTLE. Four tablets powdered afford a safe remedy in diarrhea. It is better to give a purge first. After a free movement of the bowels, the bismuth should be given and repeated, when necessary, every four hours. The food is also very important in diarrhea. At first, eat nothing, then begin with boiled milk and gradually get back to ordinary diet.

# OCTOBER

**Wednesday 3** .....

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**Thursday 4** .....

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No. 9—CARBOLATED PETROLATUM, ONE TUBE. Carbolated Petrolatum is used externally for burns.

No. 10—BORACIC ACID, 3 PER CENT SOLUTION, TWO OUNCES. Boracic Acid is dissolved in water. It is useful as an eye wash. Use it freely, with an eye glass, as a bath.

No. 11—CHLORATE OF POTASH. Dissolve one tablet slowly in mouth for sore throat.

No. 12—SODA MINT is used in case of indigestion.

# OCTOBER

**Friday 5** .....

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**Saturday 6** .....

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No. 13—OIL OF CLOVES is for toothache—a drop on cotton in cavity. Don't think because this stops the pain that your tooth is all right. On the contrary, you should see a dentist as soon as possible for the pain shows you have an exposed nerve through decay. Brushing the teeth night and morning will do much to prevent decay and exposure of the nerves of the teeth.

# OCTOBER

Sunday 7 .....

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Monday 8 .....

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THE 1929 READY REFERENCE DIARY
is now ready and in the hands of your dealer
Because the demand always exceeds the available supply, please obtain your copy Now.

# OCTOBER

**Tuesday 9** .....

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**Wednesday 10** .....

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**VALUE OF AN EDUCATION—I:** Educational experts have proven by statistics that aside from culture and a greater power for enjoyment, the time spent at school and college is worth at least $100,000 to each boy or girl.

# OCTOBER

**Thursday 11** .....

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**Friday 12** .....

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**VALUE OF AN EDUCATION—II:** Statistics covering experience of 100 business houses over a period of three or four years show that about 90 per cent of the college men were successful in rising to large salaries and responsible positions as compared with 25 per cent of non-college men.

# OCTOBER

**Saturday 13** .....

**Sunday 14** .....

**VALUE OF AN EDUCATION—III:** From a study of 5,000,000 men who had received no schooling, it was found that only 31 men had distinguished themselves in Business, Science, and the Arts. This indicated that without any schooling the chances of success are 1 in 161,290.

# OCTOBER

**Monday 15** .....

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**Tuesday 16** .....

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**VALUE OF AN EDUCATION—IV:** Out of a study of 33,000,000 adults who had received a common school education, 808 were found to have distinguished themselves in Business, Science, and the Arts. This indicates that the chances of attaining distinction for those with only a common school education are 1 in 40,841.

# OCTOBER

**Wednesday 17** .....

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**Thursday 18** .....

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**VALUE OF AN EDUCATION—V:** Out of a study of 2,000,000 adults having a High School education, 1,245 had distinguished themselves in Business, Science, and the Arts, or in this group the chances of attaining distinction are 1 in 1,606.

# OCTOBER

**Friday 19** .....

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**Saturday 20** .....

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**VALUE OF AN EDUCATION—VI:** Out of 1,000,000 adults who had received a college education, 5,758 had received distinctinction in Business, Science, and the Arts. This proves that the chances of attaining distinction for the college man or woman are 1 in 173, a most remarkable opportunity.

# OCTOBER

**Sunday 21** .....

**Monday 22** .....

**VALUE OF AN EDUCATION—VII:** The chances of attaining success are:

A man with a common school education has.. 4 chances
One with a high school education has.....102 chances
One with a college education has.....945 chances
to the uneducated man's single chance.

# OCTOBER

**Tuesday 23** .....

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**Wednesday 24** .....

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**VALUE OF AN EDUCATION—VIII:** The untrained man. He goes to work at 14—reaches maximum income at 30. Total earnings from 14 to 60 about $45,000. Not more than $2,000 is earned in the four years that would have given him a High School Education.

# OCTOBER

**Thursday 25** .....

**Friday 26** .....

**VALUE OF AN EDUCATION—IX:** The High School Graduate. He goes to work at 18, passes the maximum of the untrained man within seven years, rises to his own maximum of about $2,200 at 40, and continues at that level for the remainder of his life. Earnings from 18 to 60 about $78,000. The $33,000 more than that earned by the untrained man is cash value of a four year High School Course.

# OCTOBER

**Saturday 27** .....

**Sunday 28** .....

**VALUE OF AN EDUCATION—X:** The College or Technical School Graduate. His permanent earnings begin at 22. At 28 his income equals that of the High School Graduate at 40, and it continues to rise. Total earnings from 22 to 60, $150,000. The $72,000 over the total earned by the High School Graduate represents the cash value of a college or technical training.

# OCTOBER

**Monday 29** .....

**Tuesday 30** .....

**HEARTBEATS THE RESULT OF ELECTRICITY**—Recent experiments lead to the theory that the heart beats as the result of electrical stimulus caused by the acid solution surrounding the heart.

# OCTOBER

**Wednesday 31** .....

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# NOVEMBER

**Thursday 1** .....

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GLOSSARY OF TERMS USED IN RADIO TELEPHONY—I:

"A" BATTERY—A means of obtaining electrical current for lighting the filaments of a vacuum tube. The "A" battery can either be a dry cell or a storage battery, depending on the type of vacuum tube used in the receiving set. The dry cell is used for the 1½-volt tubes and the storage battery for the 6-volt tubes. A radio storage battery can never be used to start an automobile; however, an automobile battery can be used with a radio set.

ADMITTANCE—The inverse of impedance.

AMPLIFICATION—The process of making signals louder.

# NOVEMBER

**Friday 2** .....

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**Saturday 3** .....

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GLOSSARY OF TERMS USED IN RADIO TELEPHONY—II:

AMPERE—An electric current has a unit value when electricity flows at such a rate that one unit of electric quantity passes a given cross section per second. This unit is called the ampere. The abbreviation for ampere is amp.

AERIAL AND ANTENNA—The system of conductors designed to radiate or absorb electromagnetic waves.

ALTERNATING CURRENT—A current which reverses its direction periodically with time.

AMPLITUDE—The maximum height of a wave crest.

AUDIO FREQUENCY—A frequency corresponding to normally audible sound waves.

# NOVEMBER

**Sunday 4** .....

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**Monday 5** .....

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**GLOSSARY OF TERMS USED IN RADIO TELEPHONY—III:**

"B" BATTERY—This battery, either dry or wet, is a means of storing electricity of sufficient voltage to supply the plate of a vacuum tube. The standard voltages of the dry "B" battery are 22½ volts and 45 volts.

"C" BATTERY—One or more small cells having a voltage generally between 2 and 10 volts used in the grid circuit of an amplifier tube.

CAPACITY—The amount of energy which a condenser can store up, measured in microfarads (mfd.).

# NOVEMBER

**Tuesday 6** .....

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**Wednesday 7** .....

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GLOSSARY OF TERMS USED IN RADIO TELEPHONY—IV:

CONTINUOUS WAVE—The form of wave which has a constant amplitude; used in radio telephony.

COIL—A tube made of insulating material wound with insulated copper wire. The winding can be wound in a layer or banked.

CONDENSER—Two or more sheets of metal separated by an insulator, called the dielectric, which form a collector of electrical energy. Condensers are made in two forms, fixed and variable. The abbreviation is Cond.

# NOVEMBER

**Thursday 8** .....

**Friday 9** .....

**GLOSSARY OF TERMS USED IN RADIO TELEPHONY—V:**

CORE—The centre or innermost part of an electromagnet. It usually consists of soft iron wire or strips forced inside of the primary winding of a transformer. (See Transformer.)

COUPLING—The relation between two circuits enabling energy to be transferred from one to the other.

CRYSTAL DETECTOR—A detector which uses the rectifying properties of a crystal.

CURRENT—The quantity of electricity in a circuit.

# NOVEMBER

**Saturday 10** .....

**Sunday 11** .....

GLOSSARY OF TERMS USED IN RADIO TELEPHONY—VI:

DETECTOR—That portion of the receiving apparatus which serves to change high frequency oscillation of low enough frequency to actuate a telephone receiver.

DIELECTRIC—The insulator between the plates of a condenser. In the case of variable condensers this insulator is air. Mica is used as the dielectric for fixed condensers. Every insulator is a dielectric, even the rubber covering of wire.

DIODE—A vacuum tube containing two elements, a filament and a grid. Diode meaning two electrodes. A tube of this kind is to be only used in place of a crystal detector and not in place of a regular three-element vacuum tube.

# NOVEMBER

**Monday 12** .....

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**Tuesday 13** .....

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GLOSSARY OF TERMS USED IN RADIO TELEPHONY—VII:

DIRECT COUPLING—When a coil is part of two circuits they are said to be directly coupled.

DIRECT CURRENT—A current of electricity which flows continuously and regularly in one direction. Storage batteries and dry batteries furnish direct current electricity. This form of electricity is the only kind that is used to supply the power for radio receiving. The abbreviation is D. C.

ELECTRO-MAGNETIC WAVE—A wave sent from a radio transmitter.

ELIMINATOR—Device which replaces battery.

# NOVEMBER

**Wednesday 14** .....

**Thursday 15** .....

GLOSSARY OF TERMS USED IN RADIO TELEPHONY—VIII:

FADING—The fluctuation of the strength of a radio signal, caused by atmospheric phenomena. The distance between the transmitting station and the receiving set is one of the main factors in fading. Therefore, the degree of fading depends upon the location of the broadcasting station. Dead spots in the air which cause fading have been known to move from place to place.

# NOVEMBER

**Friday 16** .....

**Saturday 17** .....

GLOSSARY OF TERMS USED IN RADIO TELEPHONY—IX:

FREQUENCY—Half the number of changes in direction per second of an alternating current. Audio (or voice) frequency is applied to currents changing their direction under 20,000 times and radio frequency currents change their direction over 20,000 times per second.

GENERATOR—Any machine for producing electrical energy.

GRID LEAK—A high resistance connected across the grid condenser to insure stable operation of a vacuum tube.

GROUND—A term applied to a connection to the earth.

# NOVEMBER

**Sunday 18** .....

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**Monday 19** .....

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GLOSSARY OF TERMS USED IN RADIO TELEPHONY—X:

GROUND CONNECTION—Connection between apparatus and earth.

HARMONIC—Oscillations to which a circuit will respond in addition to the basic or fundamental oscillations. They are manifested in a whistling or humming sound.

HETERODYNE—A receiver wherein local oscillations are produced by means of a direct current arc gap and associated circuits and combined through a coupling medium with the oscillations in the circuit.

IMPEDANCE—Total resistance to the flow of alternating current in a circuit.

# NOVEMBER

**Tuesday 20** .....

**Wednesday 21** .....

**GLOSSARY OF TERMS USED IN RADIO TELEPHONY—XI:**

INDUCTIVE COUPLING—When coils of two circuits are placed so that currents from one can be induced into the other they are said to be inductively coupled.

KILOCYCLE—1,000 cycles—expresses operating conditions of transmitting station.

MICROPHONE—Sound magnifier used in broadcasting.

NEUTRODYNE—Derived from the Greek word "neutro," meaning neutral, and "dynamic," meaning force. Therefore neutrodyne means neutralizing force. This neutralizing force has been instrumental in popularizing the use of radio frequency amplification in this country.

# NOVEMBER

**Thursday 22** .....

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**Friday 23** .....

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GLOSSARY OF TERMS USED IN RADIO TELEPHONY—XII:

RADIO FREQUENCY—Frequencies higher than those corresponding to normally audible sound waves.

RECTIFIER—A device for converting alternating current into direct current.

RESISTANCE—The opposition of a circuit to the flow of current.

SELECTIVITY—The power of a receiver to discriminate between simultaneous signals of different wave lengths.

TONE WHEEL—A high speed commutator used to interrupt continuous waves.

# NOVEMBER

**Saturday, 24** .....

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Red — **Sunday, 25** ..... Took Dilys and Fleet for home — Stopped on our way for lunch and made a couple pictures. Arrived very late But glad to see every body again.

GLOSSARY OF TERMS USED IN RADIO TELEPHONY—XIII:

TRANSFORMER—A device for transferring energy between two circuits by the medium of magnetic energy.
TUNING—The operation of selecting wave-lengths or frequency.
VOLTAGE—The pressure driving an electrical current.
WATT—Unit of electric power.
WAVE-LENGTH—The distance between the maximum points of a wave.
WAVE-METER—A meter for measuring wave-lengths.

# NOVEMBER

~~Monday~~ 26 Lynn called out and we went for a buffet with Pearl. Had a lovely turkey dinner. About 2 p.m. drove to Cape to see Jan and Paul. Had

~~Tuesday~~ 27 dinner at Zimmerman's and drove to Jackson to send Lynn and Cindy. Called for a message on the "Morgan". Went back to Jan's and played Bridge.

**DIETETICS**—A balanced diet is one that includes all the food elements in the right proportion to meet the requirements of nutrition. Foods are classified as Proteins, Carbohydrates, Fats, Mineral Salts and Water.

## NOVEMBER

~~Wednesday 28~~ Friday 29 - Didn't do very much all day. Lynn felt bad and Mrs. Ross. About 3 o'clock we drove to Chaffee taking Eileen with us. Home about twelve.

~~Thursday 29~~ Mom and I got up to Gunter late talking about this that and the other. Finally we went to bed about 3 a.m. (Sat)

**FOOD CLASSIFICATION—I: Proteins: Use in the Body:** Proteins are of the most important because they repair the tissues of the body.
**Source**—Lean meat, milk, eggs, cheese, fish, dried peas, beans, lentils, nuts and cereals.

## NOVEMBER

Sat
~~Friday 30~~ Drove to Cape
Sarah Sandra Rae and
and Abby Went over
to see Paul and Jean
for a few moments
Stopped for Mayme and
went to Chaffee for Waffles.

## DECEMBER

Sun
~~Saturday 1~~ Took Judy to
Cape and Charged on
for St. Louis but we
failed to get very
far 8 miles South of
Perkins Down side
Ford turned a flop over

**FOOD CLASSIFICATION—II: Carbohydrates: Use in the Body**—Supply heat and energy and are stored as fat. They also furnish the bulk necessary to good digestion.
**Source**—Starches in cereals, some vegetables (such as potatoes, sweet potatoes and peas), sugars and dried fruits.

## DECEMBER

~~Sunday 2~~ A dish of The
weather indeed
begins to come out
about — Quite a
storm top covered
in sheet broken
doors caved in —
Spent the rest of the
afternoon in N.Y.

Monday 3 The snow home
reaching knee about
four o'clock — The
cattle seem to by cold
as caused the fourth
the breeze blowing
from all points —
Mrs. Connell came
over to find out what

**FOOD CLASSIFICATION—III: Fats: Use in the Body:** Furnish heat and energy and supply fatty tissue. Fats furnish more than twice as much heat and energy as proteins or carbohydrates.
**Source**—Butter, cream, oils, fat of meat, fish, and nuts.

had happ

# DECEMBER

**Tuesday 4**

**Wednesday 5**

**FOOD CLASSIFICATION—IV: Mineral matter: Use in the Body**—Builds tissues, bones, teeth and red corpuscles in the blood, and is essential to brain and nerve cells.
**Sources**—Natural foods. Milk, eggs, dried peas, beans and lentils. Greens, green peas, carrots, raisins, bran and egg yolks furnish iron. Milk is rich in lime.

## DECEMBER

**Thursday 5** The pastor's wife died — Lynn decided to take the part-time position.

**Friday 6** Lynn and I went to town, had the tires tested and purchased a new pair of tubes. Mailed orders to Goldsmans and Kaufmans for fur trimmings. Home early, expenses paid and books still out of whack.

**FOOD CLASSIFICATION—V: Water: Use in the Body**—Aids digestion, regulates body temperature, and carries off waste materials.

**Source**—All foods and beverages.

## DECEMBER

**Saturday 8** Mr. Morgan came out to play Chinese Checkers a round & round & Quit at 11 o'clock. We played the "Cotton" and listened the radio. Very good, Ha!

**Sunday 9** Lynn and I chased to the 3rd Baptist for Morning Service. Bill & Lou came & Ver and we played Bridge all afternoon.

**FOOD CLASSIFICATION—VI: Protective Food: Use in the Body**—Necessary for growth and maintenance of health. **Source**—Milk, egg yolks, butter, greens, tomatoes, cabbage, onions, whole cereals, oranges, and lemons.

## DECEMBER

**Monday 10** Has to Ramy forward to Mayan coming up on Friday. As per her card last nite.

**Tuesday 11** Wanted to get the house all cleaned to a perfection.

### A TIME-TABLE FOR COOKING VEGETABLES—I:

| | Minutes | | Minutes |
|---|---|---|---|
| Beans, String | 50 | Corn on the Cob | 7 |
| Asparagus, cut in inch pieces | 15 | Onions, medium | 18 |
| Beans, Lima | 45 | New Potatoes | 25 |
| | | Peas | 20 |

# DECEMBER

**Wednesday 12**

**Thursday 13** Letter read
Go & start to
town Darning
Mom Coffee on
Come up,

## A TIME-TABLE FOR COOKING VEGETABLES—II:

| | Minutes | | Minutes |
|---|---|---|---|
| Beets, young | 45 | Carrots, whole | 20 |
| Cabbage, slit | 25 | Spinach or other Greens | 20 |
| Cabbage, shredded | 10 | Summer Squash, ½ inch dice | 10 |

## DECEMBER

~~Friday~~ 14 ..... The Car arrived again and our bill of $1.32 paid.

Saturday 15 ..... Started to take a drive came home to Call Hymns Mother had an argument which started to get to busy grocerman Lyman Cooked Dinner for

### A TIME-TABLE FOR COOKING VEGETABLES—III:

| | Minutes | | Minutes |
|---|---|---|---|
| Carrots, sliced | 12 | White Turnips, whole | 30 |
| Cauliflower, whole | 15 | White Turnips, ½ inch dice | 20 |
| Cauliflower, flowerets | 8 | | |



Me for the 1st time

# DECEMBER

**Sunday 16** Lynn had to work so we didn't get to go to Church. Decided to work for Ags. and I helped him and caused a disturbance &c.

**Monday 17** Went to town and purchased our Xmas together. Had the Ladies Aid Xmas Xmas and very tired decided to go to bed but changed We talked until the wee hours.

**CANNING FRUIT—I:**
**General Rule:** Add 1 pound of sugar to 4 pounds of fruit. Add water sufficient to keep from burning. If fruit is very tart, use more sugar. Whether glass or tin the cans must of course be air tight.

# DECEMBER

**Tuesday 18** Package came out from Nugents and a letter came from Eaton — Ask me to shop for her — Do not trade to town again.

**Wednesday 19** It began snowing about 1 a.m. and forgot to stop — quite a blizzard, so I stayed in and nearly froze to death for fuel didn't trade both.

**CANNING FRUIT—II:**

| Fruit | Time for Boiling (Minutes) | Quantity of Sugar per Quart (Oz) |
|---|---|---|
| Sour apples | 10 | 5 |
| Pineapples (sliced) | 15 | 6 |
| Quinces (sliced) | 15 | 10 |
| Whortle berries | 5 | 4 |

## DECEMBER

**Thursday 20** Rec'd a package from "Al & W." Called a greeting from "Sid & E." Stayed home until 1:30. Lynn went to work early and went to shop with F.C.

**Friday 21** Rec'd a package from Jan. — Decided to grab a lunch & toast and run to town — bought a few greetings and a gift for Effie.

**CANNING FRUIT—III:**

| Fruit | Time for Boiling (Minutes) | Quantity of Sugar per Quart (Oz.) |
|---|---|---|
| Peaches (halved) | 8 | 4 |
| Peaches (whole) | 15 | 4 |
| Small pears (whole) | 30 | 8 |
| Gooseberries | 8 | 8 |

# DECEMBER

**Saturday 22** .....

**Sunday 23** .....

**CANNING FRUIT—IV:**

| Fruit | Time for Boiling (Minutes) | Quantity of Sugar per Quart (Oz.) |
|---|---|---|
| Wild grapes | 10 | 8 |
| Plums | 10 | 8 |
| Ripe currants | 6 | 8 |
| Tomatoes | 20 | — |

# DECEMBER

**Monday 24** .....

**Tuesday 25** .....

**CANNING FRUIT—V:**

| Fruit | Time for Boiling (Minutes) | Quantity of Sugar per Quart (Oz.) |
|---|---|---|
| Cherries | 5 | 6 |
| Blackberries | 9 | 6 |
| Strawberries | 8 | 8 |
| Raspberries | 6 | 4 |

## DECEMBER

**Wednesday 26** .....

**Thursday 27** .....

**TO RELIEVE FROST BITE**—With pure oil of peppermint or pure oil of sassafras, and not the essence, rub the frost-bitten parts.

# DECEMBER

**Friday 28**

**Saturday 29**

**WHEN HANDS BECOME CHAPPED**—Apply a mixture of equal parts of glycerine, white wax, powdered camphor, sweet oil and spermacetti. This should relieve chapped hands and feet.

# DECEMBER

Sunday 30 .....

Monday 31 .....

1929 READY REFERENCE DIARY
If you haven't as yet obtained your 1929 READY REFERENCE DIARY—Do So NOW! Get diaries for your friends, too. They will appreciate your thoughtfulness. These books are bound in cloth, fabrikoid, artcraft, and genuine leather.

# *How to Live Long*
## *The Fifteen Rules of Health*

*AIR*

1 Have Fresh Air where you live and work
2 Wear Light, Loose, Porous Clothes
3 Spend part of your time in the Open Air
4 Have Lots of Fresh Air where you Sleep
5 Breathe Deeply and Slowly through the nose

FOOD

6 Avoid Eating too Much
7 Do not Eat much Meat and Eggs
8 Eat Various Kinds of Food
9 Eat Slowly

HABITS

10 Have your bowels move at least once Each Day
11 Stand, Sit, and Walk Erect
12 Avoid Poisonous Drugs
13 Keep Clean and avoid Catching Diseases

*ACTIVITY*

14 Work hard, but Play and Rest too
15 Be Cheerful and learn not to Worry

# DIETING

**BALANCED DIET:**—The amount of food required every twenty-four hours rarely exceeds 3,500 calories. A balanced meal is composed of 10 to 15 percent Proteins, 20 to 30 percent Fats and 60 to 65 percent Carbohydrates.

**MAINTENANCE DIET:**—The number of Calories required depends on the size of the body, the amount of exercise taken, the weather and personal peculiarities. Men as a rule require more than women, and the number of Calories required per day for adults ranges from 2450 to 3500 or more. To find a fairly accurate maintenance diet multiply your present weight by 15 to 20. This number of calories will keep you at your present weight.

**TO INCREASE WEIGHT:**—First make sure you are well. Choose balanced diet. Add fats and carbohydrates to diet.

**TO DECREASE WEIGHT:**—First make sure you are well. Choose balanced diet. Eat daily 400 to 1200 calories less than maintenance. With meals drink small cup clear tea, coffee or water. Half hour before or three hours afterwards drink copiously.

**The calorie** measures energy as heat, being the amount of heat required to raise one pound of water four degrees Fahrenheit.

| | |
|---|---|
| 1 ounce Proteins | yields 113 calories |
| 1 ounce Carbohydrates | yields 113 calories |
| 1 ounce Fats | yields 255 calories |

# *DIETETIC FOOD LIST*

**CALORIC VALUES**

| DAIRY DISHES AND CEREALS | Avoirdupois Weight | Protein Calories | Fat Calories | Carbohydrate Calories | Total Calories |
|---|---|---|---|---|---|
| Boiled Rice | 6 oz. | 14 | 1 | 135 | 150 |
| Crackers | 2 oz. | 20 | 40 | 140 | 200 |
| Cream of Wheat | 6 oz. | 12 | 4 | 84 | 100 |
| Flaked Cereals | 1 oz. | 6 | 4 | 90 | 100 |
| Oatmeal | 8 oz. | 17 | 16 | 67 | 100 |
| Shredded Wheat | 2 oz. | 26 | 10 | 164 | 200 |
| Cream | 4 oz. | 12 | 272 | 16 | 300 |
| Milk | 7½ oz. | 28 | 78 | 44 | 150 |
| **GRIDDLE SPECIALTIES** | | | | | |
| Butter Cakes | 3 oz. | 33 | 81 | 186 | 300 |
| Buckwheat Cakes | 5½ oz. | 42 | 75 | 183 | 300 |
| Cornmeal Cakes | 5½ oz. | 42 | 75 | 183 | 300 |
| Wheat Cakes | 5½ oz. | 42 | 75 | 183 | 300 |
| Toast—Buttered | 3 oz. | 22 | 108 | 120 | 250 |
| Dry | 3 oz. | 21 | 9 | 120 | 150 |
| Milk | 10 oz. | 56 | 152 | 172 | 380 |
| Waffles | 2 oz. | 28 | 70 | 102 | 200 |
| Butter | 1 oz. | 2 | 198 | .... | 200 |
| Syrup | 1 oz. | .... | .... | 135 | 135 |
| **BREADS** | | | | | |
| Baking Powder Biscuit | 3 oz. | 22 | 54 | 124 | 200 |
| Bran Muffins | 3 oz. | 32 | 40 | 178 | 250 |
| Bread—White | 3 oz. | 21 | 9 | 120 | 150 |
| Graham | 2 oz. | 21 | 9 | 120 | 150 |
| Rye | 2 oz. | 16 | 9 | 125 | 150 |
| Coffee Cake | 2½ oz. | 16 | 64 | 162 | 242 |
| Corn Muffins | 3 oz. | 32 | 63 | 155 | 250 |
| Crullers or Doughnuts | 3 oz. | 24 | 180 | 196 | 400 |
| Home Made Rolls | 3 oz. | 24 | 16 | 160 | 200 |
| Rye Muffins | 3 oz. | 20 | 54 | 126 | 200 |
| **SOUPS** | | | | | |
| Bean | 8 oz. | 42 | 87 | 121 | 250 |
| Chicken Soup with Rice | 8 oz. | 40 | 170 | 40 | 250 |
| Clam Chowder | 8 oz. | 77 | 44 | 154 | 275 |
| Cream of Asparagus | 8 oz. | 34 | 112 | 54 | 200 |
| Cream of Celery | 8 oz. | 22 | 122 | 56 | 200 |
| Cream of Corn | 8 oz. | 24 | 76 | 100 | 200 |
| Cream of Spinach | 8 oz. | 32 | 112 | 56 | 200 |
| Cream of Tomato | 8 oz. | 27 | 159 | 64 | 250 |
| Split Pea | 8 oz. | 35 | 113 | 97 | 245 |
| Tomato Soup with Whipped Cream | 8 oz. | 20 | 138 | 102 | 260 |
| Vegetable | 8 oz. | 50 | 40 | 135 | 225 |

**CALORIC VALUES—Continued**

| FISH, OYSTERS, ETC. | Avoirdupois Weight | Protein Calories | Fat Calories | Carbo-hydrate Calories | Total Calories |
|---|---|---|---|---|---|
| Codfish, Baked | 6 oz. | 122 | 78 | .... | 200 |
| Codfish, Fried | 6 oz. | 122 | 103 | .... | 225 |
| Codfish Cakes, Plain | 4 oz. | 35 | 163 | 52 | 250 |
| With Spaghetti | 10 oz. | 71 | 322 | 137 | 530 |
| Flounder, Fried | 6 oz. | 122 | 103 | .... | 225 |
| Filet of Sole, Fried | 6 oz. | 122 | 103 | .... | 225 |
| Haddock or Halibut, Boiled | 6 oz. | 122 | 78 | .... | 200 |
| Mackerel, Broiled | 6 oz. | 102 | 88 | .... | 190 |
| Oysters, Broiled | 6 oz. | 49 | 39 | 27 | 115 |
| Oysters, Fried | 9 oz. | 51 | 39 | 45 | 135 |
| Oyster Stew | 14 oz. | 45 | 145 | 60 | 250 |
| Scallops, Fried | 5 oz. | 103 | 23 | 99 | 225 |
| Shad, Baked | 6 oz. | 130 | 145 | .... | 275 |
| Smelts, Fried | 4 oz. | 103 | 42 | 80 | 225 |
| Weakfish, Broiled | 7 oz. | 122 | 78 | .... | 200 |
| **EGG DISHES** | | | | | |
| Boiled (two) | 3 oz. | 54 | 96 | .... | 150 |
| Fried (two) | 3 oz. | 54 | 136 | .... | 190 |
| Ham Omelet | 6 oz. | 73 | 242 | .... | 315 |
| Onion Omelet | 3½ oz. | 72 | 201 | 27 | 300 |
| Plain Omelet | 4½ oz. | 54 | 136 | .... | 190 |
| Poached (two) | 3 oz. | 54 | 96 | .... | 150 |
| Scrambled (two) | 3½ oz. | 54 | 126 | .... | 180 |
| Scrambled Eggs with Chipped Beef | 4 oz. | 92 | 138 | .... | 230 |
| Spanish Omelet | 4 oz. | 68 | 202 | 20 | 290 |
| **HOT DISHES** | | | | | |
| Bacon, Broiled | 1½ oz. | 39 | 261 | .... | 300 |
| Bacon and Eggs | 3½ oz. | 78 | 302 | .... | 380 |
| Broiled Lamb Chop | 1½ oz. | 40 | 60 | .... | 100 |
| Corned Beef Hash, Browned in Pan | 5 oz. | 60 | 237 | 28 | 325 |
| Corned Beef Hash, with Poached Egg | 6½ oz. | 87 | 285 | 28 | 400 |
| Fried or Boiled Ham | 4¾ oz. | 116 | 284 | .... | 400 |
| Fried Liver with Onions | 4¾ oz. | 91 | 109 | 40 | 240 |
| Fried Liver with Potatoes | 7 oz. | 91 | 154 | 45 | 290 |
| Ham and Eggs | 6 oz. | 112 | 278 | .... | 390 |
| Hamburger Steak | 5 oz. | 136 | 114 | .... | 250 |
| Liver and Bacon with Potatoes | 7¾ oz. | 110 | 285 | 45 | 440 |
| Sirloin Steak | 8 oz. | 188 | 212 | .... | 400 |
| Small Steak | 6 oz. | 144 | 156 | .... | 300 |
| Tenderloin Steak | 9 oz. | 216 | 234 | .... | 450 |
| Veal Steak | 5 oz. | 213 | 137 | .... | 350 |

| CALORIC VALUES—Continued | Avoirdupois Weight | Protein Calories | Fat Calories | Carbohydrate Calories | Total Calories |
|---|---|---|---|---|---|
| Baked Beans, New York or Boston Style with Pork | 6 oz. | 52 | 145 | 153 | 350 |
| Baked Beans with Corned Beef or Ham | 6 oz. | 87 | 141 | 122 | 350 |
| Baked Spaghetti with Cheese | 5 oz. | 42 | 120 | 78 | 240 |
| Beef Stew with Vegetables | 7 oz. | 40 | 114 | 96 | 250 |
| Breaded Veal Cutlet with Tomato Sauce and Potatoes | 8 oz. | 82 | 178 | 90 | 350 |
| Chicken Croquette, Cream Sauce | 9 oz. | 23 | 171 | 56 | 250 |
| Frankfurters with Potato Salad | 4 oz. | 65 | 202 | 33 | 300 |
| Fresh Country Sausage | 4 oz. | 60 | 234 | 6 | 300 |
| Fresh Country Sausage, Apple, Griddle Cakes | 12 oz. | 105 | 510 | 420 | 1035 |
| Fresh Country Sausage with Buckwheat Cakes | 12 oz. | 104 | 507 | 389 | 1000 |
| Fresh Country Sausage with Mashed Potatoes | 7 oz. | 67 | 282 | 51 | 400 |
| Fried Ham with Mashed Potatoes | 7 oz. | 94 | 261 | 145 | 500 |
| Hot Toasted Chicken Sandwich with Vegetable | 7 oz. | 46 | 152 | 102 | 300 |
| Hot Prime Roast of Beef Sandwich with Vegetable | 7 oz. | 70 | 136 | 114 | 320 |
| Lamb Stew with Vegetables | 8 oz. | 40 | 160 | 100 | 300 |
| Sirloin of Beef, Hot Roasted, with Mashed Potatoes | 6½ oz. | 99 | 156 | 45 | 300 |
| Vegetable Dinner | 8 oz. | 25 | 60 | 175 | 260 |
| VEGETABLES | | | | | |
| Asparagus—Creamed | 5 oz. | 16 | 72 | 37 | 125 |
| Baked Beans | 5½ oz. | 42 | 36 | 122 | 200 |
| Beets—Buttered | 5 oz. | 9 | 44 | 52 | 105 |
| Beets — Pickled | 4 oz. | 5 | 1 | 44 | 50 |
| Cabbage—Boiled | 5 oz. | 11 | 74 | 35 | 120 |
| Cabbage—Buttered | 5 oz. | 10 | 52 | 23 | 85 |
| Cabbage—Creamed | 5 oz. | 15 | 73 | 32 | 120 |
| Carrots—Buttered | 5 oz. | 5 | 44 | 36 | 85 |
| Carrots—Creamed | 5 oz. | 8 | 67 | 65 | 140 |
| Cauliflower—Buttered | 4 oz. | 7 | 62 | 21 | 90 |
| Cauliflower—Creamed | 4 oz. | 10 | 100 | 50 | 160 |
| Celery—Creamed | 4 oz. | 11 | 61 | 28 | 100 |
| Fried Egg Plant | 4 oz. | 16 | 40 | 64 | 120 |
| Green Kale—Buttered | 5 oz. | 3 | 60 | 22 | 85 |
| Green Peas—Buttered | 5 oz. | 32 | 103 | 95 | 230 |
| Green Peas—Creamed | 5 oz. | 35 | 121 | 114 | 270 |
| Lima Beans—Buttered | 4 oz. | 32 | 72 | 96 | 200 |

**CALORIC VALUES—Continued**

| VEGETABLES—Continued | Avoirdupois Weight | Protein Calories | Fat Calories | Carbohydrate Calories | Total Calories |
|---|---|---|---|---|---|
| Onions—Buttered | 5 oz. | 14 | 55 | 81 | 150 |
| Onions—Creamed | 5 oz. | 17 | 75 | 118 | 210 |
| Onions—Fried | 5 oz. | 14 | 55 | 81 | 150 |
| Parsnips—Buttered | 5 oz. | 8 | 66 | 66 | 140 |
| Potatoes— | | | | | |
| Baked | 3 oz. | 11 | 1 | 88 | 100 |
| Boiled, New | 4 oz. | 18 | 2 | 146 | 166 |
| Creamed | 5½ oz. | 18 | 100 | 82 | 200 |
| French Fried | 4½ oz. | 12 | 100 | 88 | 200 |
| Fried Sweet | 6 oz. | 13 | 109 | 187 | 309 |
| Home Fried | 6 oz. | 12 | 100 | 88 | 200 |
| Mashed | 6 oz. | 14 | 96 | 90 | 200 |
| Spinach, Fresh— | | | | | |
| Buttered | 5 oz. | 3 | 60 | 22 | 85 |
| String Beans— | | | | | |
| Buttered | 5 oz. | 11 | 43 | 36 | 90 |
| String Beans—Creamed | 5 oz. | 15 | 45 | 65 | 125 |
| Squash | 4 oz. | 8 | 53 | 49 | 110 |
| Tomatoes—Stewed | 4 oz. | 10 | 10 | 60 | 80 |
| Turnips— | | | | | |
| Creamed | 5 oz. | 9 | 49 | 42 | 100 |
| Mashed | 4 oz. | 5 | 53 | 27 | 85 |
| SALADS AND COLD CUTS | | | | | |
| Assorted Cold Cuts | 5 oz. | 127 | 173 | .... | 300 |
| Assorted Cold Cuts with Potato Salad | 6½ oz. | 130 | 241 | 29 | 400 |
| Chicken | 4½ oz. | 36 | 258 | 6 | 300 |
| Cold Ham with Potato Salad | 5 oz. | 35 | 207 | 58 | 300 |
| Cold Roast Beef with Potato Salad | 5 oz. | 52 | 190 | 58 | 300 |
| Coald Roast Lamb with Potato Salad | 5 oz. | 85 | 186 | 29 | 300 |
| Corned Beef with Potato Salad | 4½ oz. | 27 | 215 | 58 | 300 |
| Crab Meat | 5 oz. | 56 | 208 | 1 | 265 |
| Egg | 4 oz. | 42 | 255 | 3 | 300 |
| Lettuce | 1 oz. | 13 | 7 | 30 | 50 |
| Lettuce and Tomato | 5 oz. | 6 | 172 | 22 | 200 |
| Potato | 3½ oz. | 6 | 136 | 58 | 200 |
| Salmon | 5 oz. | 46 | 152 | 2 | 200 |
| Shrimp | 5 oz. | 91 | 208 | 1 | 300 |
| Sliced Tomatoes, Plain | 5 oz. | 5 | 5 | 25 | 35 |
| SANDWICHES | | | | | |
| American Cheese | 3 oz. | 41 | 176 | 83 | 300 |
| Chicken Salad | 3 oz | 32 | 132 | 86 | 250 |
| Club | 9 oz. | 90 | 414 | 96 | 600 |
| Combination Ham and Swiss Cheese Sandwich with Rye Bread | 4½ oz. | 78 | 282 | 120 | 480 |
| Corned Beef | 3 oz. | 67 | 78 | 80 | 225 |

**CALORIC VALUES—Continued**

| Sandwiches—Continued | Avoirdupois Weight | Protein Calories | Fat Calories | Carbo-hydrate Calories | Total Calories |
|---|---|---|---|---|---|
| Cream Cheese | 2½ oz. | 40 | 177 | 83 | 300 |
| Cream Cheese, Nut and Olive | 2½ oz. | 15 | 217 | 41 | 273 |
| Egg | 3 oz. | 53 | 78 | 80 | 220 |
| Ham and Egg | 5 oz. | 71 | 224 | 80 | 375 |
| Lettuce and Mayonnaise | 2½ oz. | 15 | 101 | 84 | 200 |
| Oyster | 5 oz. | 31 | 19 | 95 | 145 |
| Roast Beef | 3 oz. | 76 | 74 | 80 | 230 |
| Sliced Chicken | 2½ oz | 50 | 88 | 92 | 230 |
| Sliced Ham | 2½ oz. | 43 | 107 | 80 | 230 |
| Sliced Tongue | 3 oz. | 67 | 53 | 80 | 200 |
| Swiss Cheese | 3 oz. | 40 | 178 | 82 | 300 |
| Tomato, Lettuce and Mayonnaise | 2½ oz. | 19 | 205 | 93 | 317 |
| DESSERTS AND FRUITS | | | | | |
| Angel Cake with Ice Cream | 3½ oz. | 18 | 56 | 126 | 200 |
| Apple Sauce | 3½ oz. | 1 | 3 | 96 | 100 |
| Baked Apple | 4½ oz. | 2 | 6 | 192 | 200 |
| Banana Shortcake | 3 oz. | 15 | 83 | 107 | 205 |
| Blackberries, plain | 3 oz. | 5 | 8 | 37 | 50 |
| Blackberries with Cream | 7 oz. | 15 | 279 | 55 | 349 |
| Cantaloupe | 9 oz. | 3 | .... | 47 | 50 |
| Chocolate Cornstarch Pudding | 5 oz. | 20 | 82 | 148 | 250 |
| Chocolate Layer Cake | 4 oz. | 20 | 164 | 216 | 400 |
| Chocolate Walnut Sundae | 5 oz. | 25 | 223 | 102 | 350 |
| Cocoanut Layer Cake | 3½ oz. | 23 | 104 | 223 | 350 |
| Cornstarch Pudding | 5 oz. | 27 | 79 | 134 | 240 |
| Creamed Tapioca Pudding | 3 oz. | 18 | 42 | 90 | 150 |
| Cup Custard | 5 oz. | 25 | 59 | 66 | 150 |
| Custard Bread Pudding | 5 oz. | 30 | 62 | 103 | 195 |
| Fresh Strawberry Ice Cream | 4 oz. | 15 | 112 | 98 | 225 |
| Fresh Strawberry Sundae | 4½ oz. | 15 | 113 | 132 | 260 |
| Fruit Cup | 2 oz. | 2 | 3 | 125 | 130 |
| Grape Fruit | 7½ oz. | 5 | 2 | 63 | 70 |
| Huckleberries, Plain | 2 oz. | 2 | 4 | 44 | 50 |
| Huckleberries with Cream | 7 oz. | 16 | 343 | 66 | 445 |
| Maple Walnut Layer Cake | 1½ oz. | 35 | 120 | 245 | 400 |
| Maple Walnut Sundae | 4½ oz. | 22 | 198 | 105 | 325 |
| Marmalade | 2 oz. | 3 | .... | 172 | 175 |
| Old Fashioned Strawberry Shortcake Whipped Cream | 3 oz. | 16 | 174 | 90 | 280 |
| Orange Juice | 5 oz. | ... | .... | 70 | 70 |
| Orange Layer Cake | 1½ oz. | 21 | 80 | 249 | 350 |
| Peaches, Plain | 5 oz. | 3 | 1 | 46 | 50 |
| Peaches with Cream | 9 oz. | 15 | 271 | 64 | 350 |
| Pies— | | | | | |
| Apple | 5 oz. | 12 | 115 | 253 | 380 |

**CALORIC VALUES—Continued**

| DESSERTS & FRUITS—Continued | Avoirdupois Weight | Protein Calories | Fat Calories | Carbohydrate Calories | Total Calories |
|---|---|---|---|---|---|
| Apple—Deep Dish | 4½ oz. | 8 | 72 | 220 | 300 |
| Blackberry | 5 oz. | 16 | 64 | 245 | 325 |
| Cocoanut | 4 oz. | 20 | 98 | 127 | 245 |
| Cranberry | 5 oz. | 5 | 45 | 200 | 250 |
| Custard | 4 oz. | 18 | 64 | 118 | 200 |
| Fresh Rhubarb | 4 oz. | 12 | 45 | 193 | 250 |
| Huckleberry | 5 oz. | 6 | 44 | 225 | 275 |
| Lemon | 4 oz. | 20 | 120 | 260 | 400 |
| Lemon Meringue | 4 oz. | 20 | 108 | 272 | 400 |
| Mince | 4½ oz. | 32 | 156 | 212 | 400 |
| Peach | 4½ oz. | 7 | 100 | 143 | 250 |
| Pineapple | 4½ oz. | 15 | 66 | 159 | 240 |
| Pumpkin | 4 oz. | 20 | 50 | 130 | 200 |
| Raisin | 4½ oz. | 12 | 108 | 280 | 400 |
| Plain Cake | 2 oz. | 16 | 64 | 120 | 200 |
| Raspberries, Plain | 2½ oz. | 5 | 7 | 38 | 50 |
| Raspberries with Cream | 4½ oz. | 11 | 143 | 46 | 200 |
| Rice Pudding | 4 oz. | 24 | 54 | 122 | 200 |
| Sliced Banana, Plain | 5½ oz. | 5 | 6 | 89 | 100 |
| Sliced Bananas with Cream | 7½ oz. | 10 | 142 | 98 | 250 |
| Sliced Orange | 6½ oz. | 7 | 2 | 91 | 100 |
| Sliced Pineapple | 2½ oz. | 1 | 4 | 95 | 100 |
| Sponge Cake | 2 oz. | 22 | 38 | 140 | 200 |
| Stewed Apricots | 5½ oz. | 8 | 4 | 188 | 200 |
| Stewed Peaches | 5 oz. | 3 | 2 | 145 | 150 |
| Stewed Pears | 4½ oz. | 2 | 4 | 94 | 100 |
| Stewed Plums | 5 oz. | 5 | .... | 195 | 200 |
| Stewed Prunes | 2½ oz. | 4 | .... | 196 | 200 |
| Stewed Rhubarb | 6 oz. | 1 | 2 | 97 | 100 |
| Strawberries, Plain | 3 oz. | 3 | 4 | 23 | 30 |
| Strawberries with Cream | 7 oz. | 13 | 275 | 42 | 330 |
| Sugar | 1 oz. | .... | .... | 110 | 110 |
| Vanilla Ice Cream | 4 oz. | 12 | 110 | 78 | 200 |
| Watermelon | 6 oz. | 2 | 3 | 45 | 50 |
| BEVERAGES | | | | | |
| Bulgarzoon | 10 oz. | 38 | 104 | 58 | 200 |
| Buttermilk, per Glass | 10 oz. | 33 | 13 | 54 | 100 |
| Chocolate, Hot, Plain | 8 oz. | 20 | 96 | 84 | 200 |
| Chocolate, Hot, with Whipped Cream | 9 oz. | 22 | 191 | 97 | 310 |
| Coffee | 8 oz. | 1 | 1 | 10 | 12 |
| Cream, per Ounce | 1 oz. | 3 | 68 | 4 | 75 |
| Malted Milk | 10 oz. | 25 | 28 | 97 | 150 |
| Milk, per Glass | 10 oz. | 38 | 104 | 58 | 200 |
| Postum | 8 oz. | 1 | 1 | 8 | 10 |
| Tea, Individual Pot | 8 oz. | 1 | 1 | 8 | 10 |

# *WEEKLY BUDGET SYSTEM*

**A plan for the intelligent spending of money which will, if followed, help you save.**

## *Instructions*

*First*—Secure seven envelopes and mark them to agree with the seven headings as outlined.

*Second*—Divide your weekly salary or income into amounts that you must spend or can afford to spend for each—place this sum in each envelope and live within the amount you have set. No. 7 item you may not spend each week,—it must be deposited in your Bank and used as required, monthly or otherwise.

*Third*—Keep a daily record of expenditures on pages 202 to 207 and each week transfer the totals to the Budget table on following pages.

The following figures are based upon government statistics and a careful study of other budgets worked out by economists.

The incomes from $1,200.00 to $1,500.00 are apportioned for one person; $2,000.00 for two persons and $2.400.00 for three. All figures above this amount are based on a family of five, two adults and three children.

The increase in the development scale rises steadily, it being assumed that the man with an income of $6,000.00 or more has a growing family with the natural demands for educational and other increases in expenditures each year.

## *Weekly Expenditure*

| | 1 | 2 | 3 | 4 & 6 | 5 | 7 |
|---|---|---|---|---|---|---|
| Income per Year | Food | Rent | Advance-ment | Equip-ment & Operat-ing | Clothing | Savings |
| $1,200 | 8.25 | $3.25 | $3.00 | $5.00 | $3.00 | $2.50 |
| 1,500 | 9.50 | 3.75 | 4.50 | 6.25 | 3.50 | 3.75 |
| 2,000 | 13.75 | 8.75 | 4.00 | 7.50 | 6.25 | 1.25 |
| 2,400 | 15.00 | 9.50 | 7.50 | 10.00 | 6.75 | 2.50 |
| 3,000 | 16.25 | 10.00 | 8.75 | 11.25 | 8.75 | 3.75 |
| 3,600 | 18.75 | 12.50 | 11.25 | 12.50 | 12.50 | 7.50 |
| 4,200 | 20.00 | 15.00 | 13.75 | 15.75 | 15.50 | 8.75 |
| 4,500 | 20.00 | 16.25 | 15.00 | 16.25 | 16.25 | 10.00 |
| 5,000 | 21.00 | 17.50 | 16.25 | 16.75 | 17.50 | 15.17 |
| 5,500 | 21.25 | 20.00 | 17.50 | 18.75 | 20.00 | 17.08 |
| 6,000 | 22.50 | 22.50 | 20.00 | 18.75 | 21.25 | 20.00 |
| 6,500 | 23.75 | 23.75 | 21.25 | 22.50 | 22.50 | 21.58 |
| 7,000 | 23.75 | 25.00 | 22.50 | 28.75 | 22.50 | 23.33 |
| 7,500 | 25.00 | 25.00 | 25.00 | 28.75 | 23.75 | 28.75 |
| 8,000 | 25.00 | 27.50 | 26.25 | 28.75 | 25.00 | 34.16 |
| 10,000 | 25.00 | 31.25 | 35.00 | 37.50 | 31.25 | 37.50 |

*Fourth*—Keep all papers and details of your plan in the cash box and most important make sure that No. 7 envelope for Savings receives part of your weekly income.

# WEEKLY RECORD OF EXPENSES

| Week Ending | 1 Food | 2 Rent | 3 Advancement | 4 Operating | 5 Clothes | 6 Equipment | 7 Expense |
|---|---|---|---|---|---|---|---|
| JAN. | | | | | | | |
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| TOTAL | | | | | | | |

# WEEKLY RECORD OF EXPENSES

| Week Ending | 1 Food | 2 Rent | 3 Advancement | 4 Operating | 5 Clothes | 6 Equipment | 7 Expense |
|---|---|---|---|---|---|---|---|
| JULY | | | | | | | |
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| TOTAL | | | | | | | |

## TOTALS OF YEAR

| Month | 1 Food | | 2 Rent | | 3 Advancement | | 4 Operating | | 5 Clothes | | 6 Equipment | | 7 Expenses | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| JAN. | | | | | | | | | | | | | | |
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| MAR. | | | | | | | | | | | | | | |
| APR. | | | | | | | | | | | | | | |
| MAY | | | | | | | | | | | | | | |
| JUNE | | | | | | | | | | | | | | |
| JULY | | | | | | | | | | | | | | |
| AUG. | | | | | | | | | | | | | | |
| SEPT. | | | | | | | | | | | | | | |
| OCT. | | | | | | | | | | | | | | |
| NOV. | | | | | | | | | | | | | | |
| DEC. | | | | | | | | | | | | | | |
| TOTAL | | | | | | | | | | | | | | |

## EXPLANATION OF HEADINGS AND ENVELOPES TO MATCH

No. 1. FOOD—includes all kinds of food, ice, etc.

No. 2. RENT—or the amount necessary to pay taxes, etc., divided by weeks.

No. 3. ADVANCEMENT—Education, Recreation, Vacation.

No. 4. OPERATING—is for coal, gas, telephone, wages, laundry, doctor, dentist, light, heat, income tax, carfare, charity, gifts and incidentals.

No. 5. CLOTHING—explains itself.

No. 6. EQUIPMENT—furniture, linen, towels, dishes, or other articles of equipment.

No. 7. SAVINGS—investments, insurance, bank account.

## *How Much Money Will You Have When You Reach 65?*

This table shows the amount you must save each month at your age in order to reach your goal. The figures are based on interest at 4% compounded semi-annually.

| Amount You Want at Age 65 | YOUR PRESENT AGE | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 45 | 50 |
| $5,000 | $3.33 | $3.66 | $4.04 | $4.46 | $4.94 | $5.49 | $6.11 | $6.82 | $7.64 | $8.60 | $9.73 | $13.63 | $20.30 |
| 10,000 | 6.66 | 7.33 | 8.09 | 8.93 | 9.89 | 10.98 | 12.22 | 13.65 | 15.29 | 17.21 | 19.47 | 27.27 | 40.60 |
| 15,000 | 10.00 | 11.00 | 12.13 | 13.40 | 14.84 | 16.47 | 18.33 | 20.47 | 22.94 | 25.82 | 29.21 | 40.91 | 60.91 |
| 20,000 | 13.33 | 14.67 | 16.18 | 17.87 | 19.79 | 21.96 | 24.45 | 27.30 | 30.59 | 34.43 | 38.95 | 54.54 | 81.21 |
| 25,000 | 16.66 | 18.34 | 20.22 | 22.34 | 24.74 | 27.46 | 30.56 | 34.12 | 38.24 | 43.04 | 48.69 | 68.18 | 101.52 |
| 30,000 | 20.00 | 22.01 | 24.27 | 26.81 | 29.69 | 32.95 | 36.67 | 40.95 | 45.89 | 51.65 | 58.43 | 81.82 | 121.82 |
| 40,000 | 26.66 | 29.34 | 32.36 | 35.75 | 39.58 | 43.93 | 48.90 | 54.60 | 61.19 | 68.87 | 77.91 | 109.09 | 162.43 |
| 50,000 | 33.33 | 36.68 | 40.45 | 44.69 | 49.48 | 54.92 | 61.13 | 68.25 | 76.49 | 86.09 | 97.39 | 136.37 | 203.04 |

STUDY ABOVE TABLE—SET YOUR GOAL AND SAVE A FIXED AMOUNT EACH MONTH.

SYSTEMATIC SAVING WHILE EARNING PRODUCES DESIRED RESULTS.
*REMEMBER* ALSO THAT AT 6% INTEREST COMPOUNDED SEMI-ANNUALLY ONE DOLLAR DOUBLES ITSELF IN 11 YEARS, 265 DAYS.

## January—CASH ACCOUNT—February

| DATE | RECEIPTS | | | PAYMENTS | | | DATE | RECEIPTS | | | PAYMENTS | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | | | | Rent | 50 | 00 | 1 | | | | | | |
| 2 | | | | B. " | 3 | 50 | 2 | | | | | | |
| 3 | | | | Board | 30 | | 3 | | | | | | |
| 4 | | | | Insurance | 50 | 00 | 4 | | | | | | |
| 5 | | | | Curtains | 10 | | 5 | | | | | | |
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| 31 | | | | | | | 31 | | | | | | |
| Total | | | | Total | 143 | 50 | | Total | | | Total | | |

## March—CASH ACCOUNT—April

| DATE | RECEIPTS | | | PAYMENTS | | | DATE | RECEIPTS | | | PAYMENTS | | |
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| Total | | | | Total | | | | Total | | | Total | | |

## May—CASH ACCOUNT—June

| DATE | RECEIPTS | | | PAYMENTS | | | DATE | RECEIPTS | | | PAYMENTS | | |
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## July—CASH ACCOUNT—August

| DATE | RECEIPTS | | | PAYMENTS | | | DATE | RECEIPTS | | | PAYMENTS | | |
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| 31 | | | | | | | 31 | | | | | | |
| Total | | | | Total | | | | Total | | | Total | | |

## September—CASH ACCOUNT—October

| DATE | RECEIPTS | | | PAYMENTS | | | DATE | RECEIPTS | | | PAYMENTS | | |
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## November—CASH ACCOUNT—December

| DATE | RECEIPTS | | | PAYMENTS | | | DATE | RECEIPTS | | | PAYMENTS | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| Total | | | | Total | | | | Total | | | Total | | |

## RADIO BROADCASTING STATIONS

| | | |
|---|---|---|
| KDKA | East Pittsburg, Pa. | 316 |
| KDLR | Devils Lake, N. D. | 231 |
| KDYL | Salt Lake City, Utah | 258 |
| KFAD | Phoenix, Ariz. | 273 |
| KFAU | Boise, Idaho | 285 |
| KFBB | Havre, Mont. | 275 |
| KFBC | San Diego, Calif. | 248 |
| KFBK | Sacramento, Calif. | 535 |
| KFBL | Everett, Wash. | 224 |
| KFBS | Trinidad, Colo. | 238 |
| KFBU | Laramie, Wyo. | 428 |
| KFCB | Phoenix, Ariz. | 244 |
| KFDM | Beaumont, Texas | 375 |
| KFDX | Shreveport, La. | 286 |
| KFDY | Brookings, S. D. | 395 |
| KFDZ | Minneapolis, Minn. | 216 |
| KFEC | Portland, Ore. | 214 |
| KFEL | Denver, Colo. | 248 |
| KFEQ | St. Joseph, Mo. | 231 |
| KFEY | Kellogg, Idaho | 232 |
| KFGQ | Boone, Iowa | 210 |
| KFH | Wichita, Kas. | 246 |
| KFHA | Gunnison, Colo. | 254 |
| KFHL | Oskaloosa, Iowa | 213 |
| KFI | Los Angeles, Calif. | 468 |
| KFIF | Portland, Ore. | 214 |
| GFIO | Spokane, Wash. | 246 |
| KFIQ | Yakima, Wash. | 208 |
| KFIU | Juneau, Alaska | 225 |
| KFIZ | Fond du Lac, Wis. | 268 |
| KFJB | Marshalltown, Iowa | 248 |
| KFJI | Astoria, Ore. | 250 |
| KFJM | Grand Forks, N. D. | 333 |
| KFJR | Portland, Ore. | 283 |
| KFJY | Fort Dodge, Iowa | 240 |
| KFJZ | Fort Worth, Texas | 250 |
| KFKA | Greeley, Colo. | 400 |
| KFKU | Lawrence, Kansas | 254 |
| KFKZ | Kirksville, Missouri | 225 |
| KFLR | Albuquerque, N. M. | 416 |
| KFLU | San Benito, Texas | 236 |
| KFLV | Rockford, Ill. | 268 |
| KFLX | Galveston, Texas | 270 |
| KFMR | Sioux City, Iowa | 441 |
| KFMX | Northfield, Minn. | 236 |
| KFNF | Shenandoah, Iowa | 270 |
| KFOA | Seattle, Wash. | 447 |
| KFON | Long Beach, Calif. | 242 |
| KFOR | Lincoln, Neb. | 217 |
| KFOX | Omaha, Neb. | 258 |
| KFOY | St. Paul, Minn. | 285 |
| KFPL | Dublin, Texas | 275 |
| KFPM | Greenville, Texas | 231 |
| KFPR | Los Angeles, Calif. | 232 |
| KFPW | Carterville, Mo. | 263 |
| KFPY | Spokane, Wash. | 246 |
| KFQA | St. Louis, Mo. | 322 |
| KFQB | Fort Worth, Texas | 261 |
| KFQW | Seattle, Wash. | 217 |
| KFQZ | Hollywood, Calif. | 232 |
| KFRC | San Francisco, Calif. | 454 |
| KFRU | Columbia, Missouri | 250 |
| KFSD | San Diego, Calif. | 441 |
| KFSG | Los Angeles, Calif. | 275 |
| KFUL | Galveston, Texas | 258 |
| KFUM | Colorado Springs, Col. | 236 |
| KFUO | St. Louis, Mo. | 545 |
| KFUP | Denver, Colo. | 227 |
| KFUR | Ogden, Utah | 225 |
| KFUS | Oakland, Calif. | 256 |
| KFUT | Salt Lake City, Utah | 500 |
| KFVD | Venice, Calif. | 208 |
| KFVE | St. Louis, Mo. | 234 |
| KFVG | Independence, Kan. | 225 |
| KFVI | Houston, Texas | 238 |
| KFVN | Fairmont, Minn. | 229 |
| KFVS | Cape Girardeau, Mo. | **224 |
| KFWB | Los Angeles, Calif. | 361 |
| KFWC | San Bernardino, Calif. | 222 |
| KFWF | St. Louis, Mo. | 214 |
| KFWH | Eureka, Calif. | 254 |
| KFWI | San Francisco, Calif. | 268 |
| KFWM | Oakland, Calif. | 236 |
| KFWO | Avalon, Calif. | 219 |
| KFXB | Los Angeles, Calif. | 252 |
| KFXF | Denver, Colo. | 283 |
| KFXH | El Paso, Texas | 242 |
| KFXJ | †Edgewater, Colo. (near) | 216 |
| KFXR | Oklahoma City, Okla. | 214 |
| KFXY | Flagstaff, Ariz. | 205 |
| KFYF | Oxnard, Calif. | 238 |
| KFYR | Bismarck, No. Dak. | 240 |
| KGO | Oakland, Calif. | 384 |
| KGTT | San Francisco, Calif. | 207 |
| KGU | Honolulu, Hawaii. | 270 |
| KGW | Portland, Oregon | 492 |
| KGY | Lacey, Wash. | 244 |
| KHJ | Los Angeles, Calif. | 405 |
| KHQ | Spokane, Wash. | 370 |
| KICK | Anita, Iowa | 461 |
| KJBS | San Francisco, Calif. | 220 |
| KJR | Seattle, Wash. | 349 |
| KKP | Seattle, Wash. | 265 |
| KLDS | Independence, Mo. | 238 |
| KLS | Oakland, Calif. | 246 |
| KLX | Oakland, Calif. | 508 |
| KLZ | Denver, Colo. | 268 |
| KMA | Shenandoah, Iowa | 270 |
| KMMJ | Clay Center, Neb. | 229 |
| KMO | Tacoma, Wash. | 254 |
| KMOX | †St. Louis, Mo. | 300 |
| KMTR | Los Angeles, Calif. | 526 |
| KNRC | Santa Monica, Calif. | 375 |
| KNX | Los Angeles, Calif. | 337 |
| KOA | Denver, Colo. | 326 |
| KOAC | Corvallis, Oregon | 273 |
| KOB | State College, New Mex. | 395 |
| KOCH | Omaha, Neb. | 258 |
| KOCW | Chickasha, Okla. | 252 |
| KOIL | Council Bluffs, Iowa | 278 |
| KOWW | Walla Walla, Wash. | 300 |
| KPO | San Francisco, Calif. | 422 |
| KPPC | Pasadena, Calif. | 229 |
| KPRC | Houston, Texas | 294 |

## RADIO BROADCASTING STATIONS (Continued)

| | | |
|---|---|---|
| KPSN | Pasadena, Calif. | 316 |
| KQV | Pittsburgh, Pa. | 270 |
| KQW | San Jose, Calif. | 297 |
| KRE | Berkeley, Calif. | 256 |
| KSAC | Manhattan, Kansas. | 333 |
| KSL | Salt Lake City, Utah. | 303 |
| KSMR | Santa Maria, Calif. | 273 |
| KSO | Clarinda, Iowa. | 227 |
| KSOO | Sioux Falls, So. Dak. | 210 |
| KTAB | Oakland, Calif. | 280 |
| KTAP | San Antonio, Texas. | 229 |
| KTBI | Los Angeles, Calif. | 288 |
| KTBR | Portland, Oregon. | 283 |
| KTCL | Seattle, Wash. | 278 |
| KTHS | Hot Springs, Ark. | 384 |
| KTNT | Muscatine, Iowa. | 256 |
| KTW | Seattle, Wash. | 395 |
| KUOA | Fayetteville, Ark. | 297 |
| KUOM | Missoula, Mont. | 375 |
| KUSD | Vermillion, So. Dak. | 484 |
| KUT | Austin, Texas. | 232 |
| KVI | Tacoma, Wash. | 234 |
| KVOO | Bristow, Okla. | 349 |
| KWCR | Cedar Rapids, Iowa. | 384 |
| KWG | Stockton, Calif. | 345 |
| KWKC | Kansas City, Mo. | 222 |
| KWKH | Shreveport, La. | 395 |
| KWLC | Decorah, Iowa. | 248 |
| KWSC | Pullman, Wash. | 395 |
| KWTC | Santa Ana, Calif. | 341 |
| KWWG | Brownsville, Texas. | 278 |
| KYA | San Francisco, Calif. | 309 |
| KYW | Chicago, Ill. | 526 |
| KZM | Oakland, Calif. | 246 |
| NAA | Arlington, Virginia. | **434 |
| WAAD | Cincinnati, O. | 268 |
| WAAF | Chicago, Ill. | 389 |
| WAAM | Newark, N. J. | 349 |
| WAAT | Jersey City, N. J. | 246 |
| WAAW | Omaha, Neb. (daytime) | 375 |
| WABC | Richmond Hill, N. Y. (Also 64.0 meters, 500 watts) | 326 |
| WABI | Bangor, Maine. | 389 |
| WABO | Rochester, N. Y. | 232 |
| WABQ | Philadelphia, Pa. | 261 |
| WABR | Toledo, Ohio. | 280 |
| WABW | Wooster, Ohio. | 248 |
| WABY | Philadelphia, Pa. | 248 |
| WABZ | New Orleans, La. | 248 |
| WADC | Akron, Ohio. | 240 |
| WAFD | Detroit, Mich. | 219 |
| WAGM | Royal Oak, Mich. | 225 |
| WAGS | Somerville, Mass. | 216 |
| WAIT | Taunton, Mass. | 214 |
| WAIU | Columbus, Ohio. | 283 |
| WAMD | Minneapolis, Minn. | 225 |
| WAPI | Auburn, Ala. (daytime) | 326 |
| WBAA | West Lafayette, Ind. | **273 |
| WBAK | Harrisburg, Pa. | 300 |
| WBAL | †Baltimore, Md. | 285 |
| WBAO | Decatur, Ill. | 268 |
| WBAP | Fort Worth, Tex. | 500 |
| WBBL | Richmond, Va. | 248 |
| WBBM | Chicago, Ill. | 389 |
| WBBP | Petoskey, Mich. | 240 |
| WBBR | Rossville, New York. | 256 |
| WBBW | Norfolk, Va. | 236 |
| WBBY | Charleston, So. Car. | 500 |
| WBBZ | Chicago, Ill. (portable) | 204 |
| WBCN | Chicago, Ill. | 288 |
| WBES | Takoma Park, Md. | 297 |
| WBKN | Brooklyn, N. Y. | 268 |
| WBMH | Detroit, Mich. | 211 |
| WBNY | New York, N. Y. | 236 |
| WBOQ | Richmond Hill, N. Y. | 326 |
| WBRC | Birmingham, Ala. | 244 |
| WBRE | Wilkes Barre, Pa. | 250 |
| WBSO | Wellesley Hills, Mass. | 384 |
| WBT | Charlotte, No. Car. | 258 |
| WBZ | †Springfield, Mass. | *333 |
| WBZA | Boston, Mass. | *333 |
| WCAC | Mansfield, Conn. | 275 |
| WCAD | Canton, N. Y. | 366 |
| WCAE | Pittsburgh, Pa. | 517 |
| WCAH | Columbus, Ohio. | 535 |
| WCAJ | Lincoln, Neb. | 349 |
| WCAO | Baltimore, Md. | 384 |
| WCAT | Rapid City, So. Dakota. | 248 |
| WCAU | Philadelphia, Pa. | 261 |
| WCAX | Burlington, Vermont. | 254 |
| WCAZ | Carthage, Ill. | 341 |
| WCBA | Allentown, Pa. | 222 |
| WCBD | Zion, Ill. | 345 |
| WCBE | New Orleans, La. | 227 |
| WCBH | Oxford, Miss. | 242 |
| WCBM | Baltimore, Md. | 384 |
| WCBR | Providence, R. I. (port) | 201 |
| WCBS | Springfield, Ill. | 210 |
| WCCO | †Minneapolis, Minn. | 405 |
| WCFL | Chicago, Ill. | 484 |
| WCLO | Camp Lake, Wisc. | 227 |
| WCLS | Joliet, Ill. | 216 |
| WCMA | Culver, Ind. | 258 |
| WCOA | Pensacola, Fla. | 250 |
| WCSH | Portland, Maine. | 361 |
| WCSO | Springfield, Ohio. | 256 |
| WCX | Pontiac, Mich. | 441 |
| WDAD | Nashville, Tenn. | 225 |
| WDAE | Tampa, Fla. | 268 |
| WDAF | Kansas City, Mo. | 370 |
| WDAG | Amarillo, Texas. | 263 |
| WDAH | El Paso, Texas. | 234 |
| WDAY | Fargo, No. Dakota. | 361 |
| WDBJ | Roanoke, Va. | 231 |
| WDBK | Cleveland, Ohio. | 227 |
| WDBO | Winter Park, Fla. | 288 |
| WDBZ | Kingston, N. Y. | 216 |
| WDEL | Wilmington, Del. | 265 |
| WDGY | Minneapolis, Minn. | 261 |
| WDOD | Chattanooga, Tenn. | 254 |
| WDRC | New Haven, Conn. | 275 |
| WDWF | †Cranston, R.I. | 384 |
| WDWM | Asbury Park, N. J. | 361 |
| WDZ | Tuscola, Ill. (daytime) | 278 |

## RADIO BROADCASTING STATIONS (Continued)

| | | |
|---|---|---|
| WEAF | New York, N. Y. | **492 |
| WEAI | Ithaca, N. Y. | 484 |
| WEAM | North Plainfield, N. J. | 240 |
| WEAN | Providence, R. I. | 319 |
| WEAO | Columbus, Ohio | 283 |
| WEAR | Cleveland, Ohio | 400 |
| WEBH | Chicago, Ill. | 366 |
| WEBJ | New York, N. Y. | 256 |
| WEBQ | Harrisburg, Ill. | 224 |
| WEBR | Buffalo, N. Y. | 242 |
| WEBW | Beloit, Wis. | 258 |
| WEHS | Evanston, Ill. | 216 |
| WEMC | Berrien Springs, Mich. | 238 |
| WENR | Chicago, Ill. | 288 |
| WEW | St. Louis, Mo. | 353 |
| WFAA | Dallas, Texas | 500 |
| WFAM | St. Cloud, Minn. | 252 |
| WFBE | Cincinnati, Ohio | 246 |
| WFBG | Altoona, Pa. | 280 |
| WFBJ | Colledgeville, Minn. | 273 |
| WFBL | Syracuse, N. Y. | 258 |
| WFBM | Indianapolis, Ind. | 225 |
| WFBR | Baltimore, Md. | 225 |
| WFBZ | Galesburg, Ill. | 248 |
| WFDF | Flint, Mich. | 349 |
| WFHH | Clearwater, Fla. | 366 |
| WFI | Philadelphia, Pa. | 405 |
| WFIW | Hopkinsville, Ken. | 280 |
| WFKB | Chicago, Ill. | 224 |
| WFRL | Brooklyn, N. Y. | 219 |
| WGAL | Lancaster, Pa. | 252 |
| WGBB | Freeport, N. Y. | 246 |
| WGBC | Memphis, Tenn. | 278 |
| WGBF | Evansville, Ind. | 236 |
| WGBI | Scranton, Pa. | 231 |
| WGBS | New York, N. Y. | 349 |
| WGCP | Newark, N. J. | 280 |
| WGES | Chicago, Ill. | 242 |
| WGHP | Mt. Clemens, Mich. | 244 |
| WGL | †Secaucus, N. J. | 294 |
| WGN | Chicago, Ill. | 306 |
| WGR | Buffalo, N. Y. | 303 |
| WGST | Atlanta, Ga. | 270 |
| WGY | Schenectady, N. Y. | **380 |
| WHA | Madison, Wisc. | 319 |
| WHAD | Milwaukee, Wisc. | 294 |
| WHAM | Rochester, N. Y. | 278 |
| WHAP | New York, N. Y. | 236 |
| WHAR | Atlantic City, N. J. | 273 |
| WHAS | Louisville, Ky. | 461 |
| WHAZ | Troy, N. Y. | 380 |
| WHB | Kansas City, Mo. | 337 |
| WHBA | Oil City, Pa. | 261 |
| WHBC | Canton, Ohio | 236 |
| WHBD | Bellefontaine, Ohio | 222 |
| WHBF | Rock Island, Ill. | 222 |
| WHBL | Chicago, Ill. (portable) | 204 |
| WHBM | Chicago, Ill. (portable) | 201 |
| WHBN | St. Petersburg, Fla. | 297 |
| WHBP | Johnstown, Pa. | 229 |
| WHBQ | Memphis, Tenn. | 232 |
| WHBU | Anderson, Ind. | 220 |
| WHBW | Philadelphia, Pa. | 220 |
| WHBY | West De Pere, Wis. | 250 |
| WHDI | Minneapolis, Minn. | 246 |
| WHEC | Rochester, N. Y. | 232 |
| WHK | Cleveland, Ohio | 265 |
| WHN | New York, N. Y. | 395 |
| WHO | Des Moines, Iowa | 535 |
| WHT | †Chicago, Ill. | 416 |
| WIAD | Philadelphia, Pa. | 220 |
| WIAS | Burlington, Iowa | 476 |
| WIBA | Madison, Wis. | 240 |
| WIBG | Elkins Pk., Pa. (Sun.) | 441 |
| WIBI | Flushing, N. Y. | 268 |
| WIBO | Chicago, Ill. | 416 |
| WIBR | Steubenville, Ohio | 250 |
| WIBX | Utica, N. Y. | 238 |
| WIBZ | Montgomery, Ala. | 231 |
| WIL | St. Louis, Mo. | 258 |
| WIOD | Miami Beach, Fla. | 248 |
| WIP | Philadelphia, Pa. | 508 |
| WJAD | Waco, Tex. | 447 |
| WJAG | Norfolk, Nebr. | 285 |
| WJAK | Kokomo, Ind. | 234 |
| WJAM | Cedar Rapids, Iowa | 384 |
| WJAR | Providence, R. I. | 484 |
| WJAS | Pittsburgh, Pa. | 270 |
| WJAX | Jacksonville, Fla. | 337 |
| WJAY | Cleveland, Ohio | 265 |
| WJAZ | †Mt. Prospect, Ill. | 263 |
| WJBA | Joliet, Ill. | 322 |
| WJBB | St. Petersburg, Fla. | 345 |
| WJBC | LaSalle, Ill. | 227 |
| WJBI | Red Bank, N. J. | 256 |
| WJBK | Ypsilanti, Mich. | 220 |
| WJBO | New Orleans, La. | 263 |
| WJBR | Omro, Wisc. | 227 |
| WJBT | Chicago, Ill. | 389 |
| WJBW | New Orleans, La. | 238 |
| WJBY | Gadsden, Ala. | 234 |
| WJJD | Mooseheart, Ill. | 366 |
| WJPW | Ashtabula, Ohio | 208 |
| WJR | †Pontiac, Mich. | 441 |
| WJZ | †New York, N. Y. | **454 |
| WKAQ | San Juan, Porto Rico. | **341 |
| WKAR | East Lansing, Mich. | 285 |
| WKAV | Laconia, N. H. | 224 |
| WKBE | Webster, Mass. | 229 |
| WKBF | Indianapolis, Ind. | 252 |
| WKBH | La Crosse, Wis. | 220 |
| WKBI | Chicago, Ill. | 322 |
| WKBO | Jersey City, N. J. | 219 |
| WKBT | New Orleans, La. | 252 |
| WKDR | †Kenosha, Wisc. | 322 |
| WKJC | Lancaster, Pa. | 252 |
| WKRC | Cincinnati, Ohio | 333 |
| WKY | Oklahoma City, Okla. | 288 |
| WLAP | Louisville, Ky. | 268 |
| WLB | Minneapolis, Minn. | 246 |
| WLBH | Farmingdale, N. Y. | 232 |
| WLBI | East Wenona, Ill. | 238 |
| WLBL | †Stevens Point, Wisc. | 319 |
| WLBR | Belvidere, Ill. | 322 |

## RADIO BROADCASTING STATIONS (Continued)

WLBT Crown Point, Ind.....322
WLBW Oil City, Pa.....294
WLBY Iron Mountain, Mich.....210
WLBZ Dover-Foxcroft, Maine..208
WLCI Ithaca, N. Y.....248
WLIB †Chicago, Ill.....306
WLIT Philadelphia, Pa.....405
WLS †Chicago, Ill.....**345
WLSI †Cranston, R. I.....384
WLTS Chicago, Ill.....484
WLW †Cincinnati, Ohio.....428
(Also 53.02 meters, 250 watts)
WLWL New York, N. Y.....370
WMAC Cazenovia, N. Y.....225
WMAF South Dartmouth, Mass..428
WMAK Lockport, N. Y.....545
WMAL Washington, D. C.....303
WMAN Columbus, Ohio.....234
WMAQ Chicago, Ill.....**447
WMAY St. Louis, Mo.....248
WMAZ Macon, Ga.....270
WMBB Chicago, Ill.....252
WMBF Miami Beach, Fla.....384
WMBI Chicago, Ill.....263
WMBJ Monessen, Penna.....232
WMBL Lakeland, Fla.....229
WMBO Auburn, N. Y.....220
WMBR Tampa, Fla.....252
WMBS Harrisburg, Pa.....234
WMBW Youngstown, Ohio.....214
WMC Memphis, Tenn.....517
WMCA †New York, N. Y.....370
WMES Boston, Mass.....211
WMPC Lapeer, Mich.....234
WMRJ Jamaica, N. Y.....207
WMSG New York, N. Y.....236
WNAC Boston, Mass.....353
WNAD Norman, Okla.....240
WNAL Omaha, Nebr.....258
WNAT Philadelphia, Pa.....288
WNAX Yankton, S. D.....803
WNBA Forest Park, Ill.....208
WNBH New Bedford, Mass.....261
WNBJ Knoxville, Tenn.....207
WNBL Bloomington, Ill.....260
WNBO Washington, Pa.....211
WNBQ Rochester, N. Y.....203
WNBR Memphis, Tenn.....229
WNBT Elgin, Ill. (time sigs.)...35.5
WNJ Newark, N. J.....280
WNOX Knoxville, Tenn.....265
WNRC Greensboro, N. C.....224
WNYC New York, N. Y.....535
WOAI San Antonio, Tex.....303
WOAN Lawrenceburg, Tenn....285
WOAX Trenton, N. J.....240
WOC Davenport, Iowa.....353
WOCL Jamestown, N. Y.....224
WODA Paterson, N. J.....294
WOI Ames, Iowa.....265
WOK †Chicago, Ill.....252
WOKO Peekskill, N. Y.....216
WOKT Rochester, N. Y.....210
WOMT Manitowoc, Wisc.....222
WOO Philadelphia, Pa.....508
WOOD Fernwood, Mich.....261
WOQ Kansas City, Mo.....337
WOR Newark, N. J.....422
WORD †Batavia, Ill.....275
WOS Jefferson City, Mo.....468
WOW Omaha, Nebr.....508
WOWO Fort Wayne, Ind.....229
WPAP Cliffside, N. J.....395
WPCC Chicago, Ill.....389
WPCH New York, N. Y.....309
WPEP Waukegan, Ill.....216
WPG Atlantic City, N. J.....273
WPRC Harrisburg, Pa.....210
WPSC State College, Pa.....300
WPSW Philadelphia, Pa.....203
WQAA Parkesburg, Pa.....216
WQAE Springfield, Vt.....250
WQAM Miami, Fla.....322
WQAN Scranton, Pa.....231
WQAO †Cliffside, N. J.....395
WQJ Chicago, Ill.....447
WRAF Laporte, Ind.....208
WRAH Providence, R. I.....200
WRAK Escanaba, Mich.....283
WRAM Galesburg, Ill.....248
WRAV Yellow Springs, Ohio....341
WRAW Reading, Pa.....238
WRAX Philadelphia, Pa.....288
WRBC Valparaiso, Ind.....238
WRC Washington, D. C.....468
WRCO Raleigh, N. C.....217
WRCV Norfolk, Va.....210
WREC †Memphis, Tenn.....254
WREN Lawrence, Kan.....254
WREO Lansing, Mich.....231
WRES Quincy, Mass.....217
WRHF Washington, D.C. (day).310
WRHM Minneapolis, Minn.....261
WRK Hamilton, Ohio.....205
WRM Urbana, Ill.....273
WRMU New York, N. Y. (port.)201
WRNY †New York, N. Y.....309
(Also 30.01 meters, 500 watts)
WRPI Terre Haute, Ind.....203
WRR Dallas, Tex.....353
WRRS Racine, Wis.....322
WRSC Chelsea, Mass.....205
WRST Bay Shore, N. Y.....211
WRVA Richmond, Va.....254
WSAI †Cincinnati, Ohio.....361
WSAJ Grove City, Pa.....224
WSAN Allentown, Pa.....222
WSAR Fall River, Mass.....252
WSAX Chicago, Ill. (port.).....204
WSAZ Huntington, W. Va.....242
WSB Atlanta, Ga.....476
WSBC Chicago, Ill.....232
WSBF St. Louis, Mo.....441
WSBT South Bend, Ind.....238

## RADIO BROADCASTING STATIONS (Continued)

| | | | | | |
|---|---|---|---|---|---|
| WSDA | New York, N. Y. | 227 | WTAQ | Eau Claire, Wis. | 254 |
| WSEA | Virginia Beach, Va. | 219 | WTAR | Norfolk, Va. | 275 |
| WSIX | Springfield, Tenn. | 213 | WTAS | †Batavia, Ill. | 275 |
| WSKC | Bay City, Mich. | 492 | WTAW | College Station, Tex. | 309 |
| WSM | Nashville, Tenn. | 341 | WTAX | Streator, Ill. | 322 |
| WSMB | New Orleans, La. | 322 | WTAZ | Lambertville, N. J. | 220 |
| WSMK | Dayton, Ohio | 297 | WTHO | Detroit, Mich. | 219 |
| WSOE | Milwaukee, Wis. | 270 | WTIC | Hartford, Conn. | 461 |
| WSOM | †New York, N. Y. | 246 | WTMJ | Milwaukee, Wis. | 294 |
| WSRO | Hamilton, Ohio. | 384 | WTRC | Brooklyn, N. Y. | 204 |
| WSSH | Boston, Mass. | 297 | WTRL | Midland Park, N. J. | 207 |
| WSUI | Iowa City, Ia. | 265 | WWAE | Chicago, Ill. | 232 |
| WSVS | Buffalo, N. Y. | 205 | WWJ | Detroit, Mich. | 375 |
| WSYR | Syracuse, N. Y. | 225 | WWL | New Orleans, La. | 275 |
| WTAD | Quincy, Ill. | 236 | WWNC | Asheville, N. C. | 297 |
| WTAG | Worcester, Mass. | 517 | WWRL | †Woodside, N. Y. | 268 |
| WTAL | Toledo, Ohio | 280 | WWVA | Wheeling, W. Va. | 389 |
| WTAM | Cleveland, Ohio. | 400 | | | |

## Canadian Radio Broadcast Stations

| | | | | | |
|---|---|---|---|---|---|
| CFAC | Calgary, Alta. | 434.5 | CJOC | Lethbridge, Alta. | 267.7 |
| CFCA | Toronto, Ont. | 356.9 | CJOR | Sea Island, B. C. | 291.1 |
| CFCF | Montreal, Que. | 410.7 | CJRM | Moose Jaw, Sask. | 296.9 |
| CFCH | Iroquois Falls, Ont. | 499.7 | CJSC | Toronto, Ont. | 356.9 |
| CFCK | Edmonton, Alta. | 516.9 | CJTC | Calgary, Alta. | 434.5 |
| CFCN | Calgary, Alta. | 434.5 | CJWC | Saskatoon, Sask. | 329.5 |
| CFCQ | Vancouver, B. C. | 410.7 | CJYC | Scarboro, Ont. | 291.1 |
| CFCT | Victoria, B. C. | 329.5 | CKAC | Montreal, Que. | 410.7 |
| CFCY | Charlottetown, P. E. I. | 312.3 | CKCD | Vancouver, B. C. | 410.7 |
| CFDC | Vancouver, B. C. | 410.7 | CKCI | Quebec, Que. | 340.7 |
| CFGC | Brantford, Ont. | 296.9 | CKCK | Regina, Sask. | 312.3 |
| CFJC | Kamloops, B. C. | 267.7 | CKCL | Toronto, Ont. | 356.9 |
| CFLC | Prescott, Ont. | 296.9 | CKCO | Ottawa, Ont. | 434.5 |
| CFMC | Kingston, Ont. | 267.7 | CKCR | St. George, Ont. | 267.7 |
| CFQC | Saskatoon, Sask. | 329.5 | CKCV | Quebec, Que. | 340.7 |
| CFRB | Toronto, Ont. | 291.1 | CKCW | Burketon Junction, Ont. | 329.5 |
| CFRC | Kingston, Ont. | 267.7 | CKCX | Toronto, Ont. | 291.1 |
| CFYC | Burnaby, B. C. | 410.7 | CKFC | Vancouver, B. C. | 410.7 |
| CHCO | Huntsville, Ont. | 247.8 | CKMC | Cobalt, Ont. | 247.8 |
| CHCS | Hamilton, Ont. | 340.7 | CKNC | Toronto, Ont. | 356.9 |
| CHCY | Edmonton, Alta. | 516.9 | CKOC | Hamilton, Ont. | 340.7 |
| CHIC | Toronto, Ont. | 356.9 | CKPC | Preston, Ont. | 247.8 |
| CHLC | Summerside, P. E. I. | 267.7 | CKSH | St. Hyacinthe, Que. | 312.3 |
| CHNC | Toronto, Ont. | 356.9 | CKY | Winnipeg, Man. | 384.4 |
| CHNS | Halifax, N. S. | 322.4 | CNRA | Moncton, N. B. | 322.4 |
| CHRC | Quebec, Que. | 340.7 | CNRC | Calgary, Alta. | 434.5 |
| CHUC | Saskatoon, Sask. | 329.5 | CNRE | Edmonton, Alta. | 516.9 |
| CHWC | Regina, Sask. | 312.3 | CNRM | Montreal, Que. | 410.7 |
| CHXC | Ottawa, Ont. | 434.5 | CNRO | Ottawa, Ont. | 434.5 |
| CHYC | Montreal, Que. | 410.7 | CNRQ | Quebec, Que. | 340.7 |
| CJBC | Toronto, Ont. | 291.1-356.9 | CNRR | Regina, Sask. | 312.3 |
| CJCA | Edmonton, Alta. | 516.9 | CNRS | Saskatoon, Sask. | 329.5 |
| CJCF | Kitchener, Ont. | 247.8 | CNRT | Toronto, Ont. | 356.9 |
| CJCI | Toronto, Ont. | 291.1 | CNRV | Vancouver, B. C. | 291.1 |
| CJCQ | York, Ont. | 291.1 | CNRW | Winnipeg, Man. | 384.4 |
| CJGC | London, Ont. | 329.5 | | | |

* Allowed higher daylight power.
† Remote Control.

** Standard on constant frequency transmission.

## RADIO LOG CHART

FILL IN STATION CALL LETTERS, WAVE LENGTH AND DIAL SETTINGS

| Station | Wave Length | City | Dials 1 | 2 | 3 |
|---|---|---|---|---|---|
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## *POPULATION OF THE UNITED STATES*

| | Present | 1920 |
|---|---|---|
| Alabama | 2,467,190 | 2,358,993 |
| Arizona | 407,702 | 340,848 |
| Arkansas | 1,852,905 | 1,761,358 |
| California | 4,021,320 | 3,480,902 |
| Colorado | 1,019,286 | 946,870 |
| Connecticut | 1,531,255 | 1,394,324 |
| Delaware | 234,720 | 224,068 |
| District of Col. | 497,906 | *437,571 |
| Florida | 1,090,754 | 979,586 |
| Georgia | 3,058,260 | 2,910,598 |
| Idaho | 492,071 | 437,339 |
| Illinois | 6,964,950 | 6,528,886 |
| Indiana | 3,060,416 | 2,942,210 |
| Iowa | 2,505,569 | 2,413,252 |
| Kansas | 1,813,621 | 1,773,289 |
| Kentucky | 2,488,423 | 2,423,156 |
| Louisiana | 1,879,024 | 1,805,827 |
| Maine | 782,541 | 769,334 |
| Maryland | 1,537,085 | 1,457,608 |
| Massachusetts | 4,127,653 | 3,877,382 |
| Michigan | 4,154,625 | 3,712,613 |
| Minnesota | 2,563,550 | 2,403,164 |
| Mississippi | *1,790,618 | *1,790,618 |
| Missouri | 3,466,781 | 3,409,758 |
| Montana | 646,806 | 557,791 |
| Nebraska | 1,355,371 | 1,301,737 |
| Nevada | *77,407 | *77,407 |
| New Hampshire | 450,171 | 443,728 |
| New Jersey | 3,506,428 | 3,187,767 |
| New Mexico | 379,074 | 362,053 |
| New York | 11,105,625 | 10,450,718 |
| North Carolina | 2,769,014 | 2,577,296 |
| North Dakota | 686,424 | 650,468 |
| Ohio | 6,321,539 | 5,810,498 |
| Oklahoma | 2,238,536 | 2,047,397 |
| Oregon | 846,061 | 789,087 |
| Pennsylvania | 9,317,647 | 8,774,347 |
| Rhode Island | 639,401 | 607,580 |
| South Carolina | 1,779,084 | 1,692,394 |
| South Dakota | 666,380 | 639,260 |
| Tennessee | 2,424,616 | 2,345,770 |
| Texas | 5,097,571 | 4,702,714 |
| Utah | 492,478 | 453,313 |
| Vermont | *352,428 | *532,428 |
| Virginia | 2,449,443 | 2,321,938 |
| Washington | 1,478,214 | 1,367,675 |
| West Virginia | 1,601,130 | 1,476,195 |
| Wisconsin | 2,801,008 | 1,647,426 |
| Wyoming | 221,842 | 196,897 |
| Total | 113,493,720 | 106,418,284 |

| OUTLYING POSSESSIONS | | |
|---|---|---|
| Alaska | 64,356 | 55,036 |
| Guam | 13,916 | 13,275 |
| Hawaii | 255,912 | *191,909 |
| Panama Canal Zone | 22,858 | 21,707 |
| Philippine I. | 10,350,640 | 9,000,000 |
| Porto Rico | 1,299,809 | 1,295,826 |
| Samoa | 8,056 | *7,251 |

* Population 1910

## *POPULATION AND TRADING POPULATION OF CITIES AND TOWNS OF OVER 25,000 INHABITANTS*

| City or Town | Est. Pop. | Est. Trading Pop. |
|---|---|---|
| Akron, Ohio | 208,435 | 250,000 |
| Alameda, Cal. | 28,806 | 30,000 |
| Albany, N. Y. | 113,334 | 235,000 |
| Allentown, Pa. | 73,502 | 110,000 |
| Altoona, Pa. | 60,331 | 90,000 |
| Amsterdam, N. Y. | 33,524 | 42,000 |
| Anderson, Ind. | 29,767 | 40,000 |
| Asheville, N. C. | 28,504 | 45,000 |
| Atlanta, Ga. | 200,616 | 222,963 |
| Atlantic City, N. J. | 50,682 | 35,000 |
| Auburn, N. Y. | 36,142 | 58,000 |
| Augusta, Ga. | 52,548 | 65,000 |
| Aurora, Ill. | 36,265 | 51,000 |
| Austin, Texas | 34,876 | 41,000 |
| Baltimore, Md. | 733,826 | 814,000 |
| Bangor, Me. | 25,948 | 56,000 |
| Battle Creek, Mich. | 36,164 | 45,000 |
| Bay City, Mich. | 47,554 | 53,000 |
| Bayonne, N. J. | 76,754 | 80,000 |
| Beaumont, Texas | 40,422 | 60,000 |
| Bellingham, Wash. | 25,570 | 30,000 |
| Berkeley, Cal. | 55,386 | 72,000 |
| Bethlehem, Pa. | 50,358 | 55,000 |
| Binghamton, N. Y. | 63,800 | 85,000 |
| Birmingham, Ala. | 178,270 | 210,000 |
| Bloomington, Ill. | 28,638 | 41,000 |
| Boston, Mass. | 747,923 | 1,800,000 |
| Bridgeport, Conn. | 148,152 | 225,000 |
| Brockton, Mass. | 66,138 | 72,000 |
| Buffalo, N. Y. | 505,875 | 630,000 |
| Butte, Mont. | 41,611 | 65,000 |
| Cambridge, Mass. | 109,456 | 140,000 |

| City or Town | Est. Pop. | Est. Trading Pop. |
|---|---|---|
| Camden, N. J. .... | 116,309 | 75,000 |
| Canton, Ohio .... | 87,091 | 135,000 |
| Cedar Rapids, Iowa | 45,566 | 75,000 |
| Charleston, S. C... | 67,957 | 80,000 |
| Charlotte, N. C.... | 46,318 | 56,000 |
| Chattanooga, Tenn.. | 57,895 | 115,000 |
| Chelsea, Mass. ..... | 43,184 | 50,000 |
| Chester, Pa. ..... | 58,030 | 60,000 |
| Chicago, Ill. ..... | 2,701,212 | 3,200,000 |
| Chicopee, Mass. .... | 36,214 | 36,000 |
| Cicero, Ill. ..... | 44,995 | 45,000 |
| Cincinnati, Ohio .. | 401,158 | 700,000 |
| Clarksburg, W. Va. | 27,869 | 35,000 |
| Cleveland, Ohio .. | 796,836 | 1,000,000 |
| Clifton, N. J. ..... | 26,470 | 27,000 |
| Col'do Springs, Col. | 29,572 | 45,000 |
| Columbia, S. C. .... | 37,524 | 58,000 |
| Columbus, Ga. .... | 31,125 | 40,000 |
| Columbus, Ohio ... | 237,031 | 350,000 |
| Council Bluffs, Iowa | 36,162 | 48,000 |
| Covington, Ky. ..... | 57,121 | 68,000 |
| Cumberland, Md. .. | 29,837 | 35,000 |
| Dallas, Tex. ..... | 158,976 | 220,000 |
| Danville, Ill. ..... | 35,750 | 44,000 |
| Davenport, Iowa .. | 56,727 | 72,000 |
| Dayton, Ohio . .. | 153,830 | 200,000 |
| Decatur Ill. ..... | 43,818 | 53,000 |
| Denver, Col. ..... | 256,369 | 310,000 |
| Des Moines, Iowa.. | 126,468 | 200,000 |
| Detroit, Mich. .... | 993,678 | 1,200,000 |
| Dubuque, Iowa .... | 39,141 | 60,000 |
| Duluth, Minn. .... | 98,917 | 150,000 |
| E. Cleveland, Ohio. | 27,292 | 32,000 |
| Easton, Pa. ..... | 33,813 | 60,000 |
| East Chicago, Ind... | 35,967 | 43,000 |
| East Orange, N. J. | 50,587 | 52,000 |
| East St. Louis, Ill. | 66,740 | 75,000 |
| Elgin, Ill. ..... | 27,431 | 31,000 |
| Elizabeth, N. J..... | 95,682 | 90,000 |
| Elmira, N. Y. .... | 45,305 | 80,000 |
| El Paso, Tex. .... | 83,836 | 100,000 |
| Erie, Pa. ..... | 102,093 | 150,000 |
| Evanston, Ill. ..... | 37,215 | 44,000 |
| Evansville, Ind. ... | 87,264 | 110,000 |
| Everett, Mass. .... | 40,109 | 45,000 |
| Everett, Wash. .... | 27,614 | 31,000 |
| Fall River, Mass... | 120,485 | 138,000 |
| Fitchburg, Mass.... | 41,013 | 60,000 |
| Flint, Mich. ..... | 91,599 | 110,000 |
| Fort Smith, Ark. .. | 28,870 | 50,000 |
| Fort Wayne, Ind... | 86,549 | 120,000 |
| Fort Worth, Tex... | 106,482 | 180,000 |
| Fresno, Cal. ..... | 44,616 | 74,000 |
| Galveston, Tex. ... | 44,255 | 100,000 |
| Gary, Ind. ..... | 55,344 | 65,000 |
| Gr'd Rapids, Mich. | 137,634 | 200,000 |
| Green Bay, Wis.... | 31,017 | 65,000 |
| Hagerstown, Md.... | 28,029 | 36,000 |
| Hamilton, Ohio ... | 39,675 | 55,000 |
| Hammond, Ind. ... | 36,004 | 40,000 |
| Hamtramck, Mich.. | 48,615 | 56,000 |

| City or Town | Est. Pop. | Est. Trading Pop. |
|---|---|---|
| Harrisburg, Pa..... | 75,917 | 150,000 |
| Hartford, Conn. ... | 138,036 | 175,000 |
| Haverhill, Mass. ... | 53,884 | 90,000 |
| Hazleton, Pa. .... | 32,267 | 45,000 |
| Highland Pk., Mich. | 46,599 | 54,000 |
| Hoboken, N. J..... | 68,166 | 90,000 |
| Houston, Tex. .... | 138,276 | 200,000 |
| Holyoke, Mass. .... | 60,203 | 85,000 |
| Huntington, W. Va. | 50,177 | 62,000 |
| Indianapolis, Ind... | 314,194 | 400,000 |
| Jackson, Mich. .... | 48,374 | 70,000 |
| Jacksonville, Fla... | 57,699 | 150,000 |
| Jamestown, N. Y... | 38,917 | 50,000 |
| Jersey City, N. J.. | 297,864 | 115,000 |
| Johnstown, Pa..... | 67,327 | 85,000 |
| Joliet, Ill. ..... | 38,372 | 58,000 |
| Kalamazoo, Mich... | 48,858 | 65,000 |
| Kansas City, Kan... | 101,073 | 105,177 |
| Kansas City, Mo... | 324,410 | 530,000 |
| Kenosha, Wis. .... | 40,472 | 55,000 |
| Kingston, N. Y.... | 26,688 | 45,000 |
| Knoxville, Tenn.... | 77,818 | 95,000 |
| Kokomo, Ind. ..... | 30,067 | 42,000 |
| La Crosse, Wis. ... | 30,363 | 55,000 |
| Lakewood, Ohio ... | 41,732 | 46,000 |
| Lancaster, Pa. .... | 53,150 | 70,000 |
| Lansing, Mich. .... | 57,327 | 78,000 |
| Lawrence, Mass.... | 94,270 | 135,000 |
| Lewiston, Me. .... | 31,707 | 60,000 |
| Lexington, Ky. .... | 41,534 | 90,000 |
| Lima, Ohio ..... | 41,306 | 75,000 |
| Lincoln, Neb. .... | 54,934 | 78,000 |
| Little Rock, Ark. .. | 64,997 | 132,000 |
| Long Beach, Cal... | 55,593 | 60,000 |
| Lorain, Ohio ..... | 37,295 | 55,000 |
| Los Angeles, Cal. .. | 575,480 | 890,000 |
| Louisville, Ky. .... | 234,891 | 350,000 |
| Lowell, Mass..... | 112,479 | 135,000 |
| Lynn, Mass. ..... | 99,148 | 135,000 |
| Macon, Ga. ..... | 52,995 | 112,000 |
| Madison, Wis. .... | 38,378 | 55,000 |
| Malden, Mass. .... | 49,103 | 57,000 |
| Manchester, N. H... | 78,200 | 102,000 |
| Mansfield, Ohio ... | 27,824 | 35,000 |
| Marion, Ohio .... | 27,891 | 30,000 |
| McKeesport, Pa.... | 45,975 | 55,000 |
| Medford, Mass..... | 38,687 | 48,000 |
| Memphis, Tenn. ... | 162,351 | 210,000 |
| Meriden, Conn. .... | 29,842 | 45,000 |
| Miami, Fla. ..... | 29,549 | 55,000 |
| Milwaukee, Wis. .. | 457,147 | 600,000 |
| Minneapolis, Minn.. | 380,498 | 700,000 |
| Mobile, Ala. ..... | 60,777 | 75,000 |
| Moline, Ill..... | 30,709 | 43,000 |
| Montclair, N. J.... | 28,810 | 35,000 |
| Montgomery, Ala... | 43,464 | 65,000 |
| Mt. Vernon, N. Y... | 42,726 | 66,000 |
| Muncie, Ind. ..... | 36,524 | 70,000 |
| Muskegon, Mich. .. | 36,570 | 50,000 |
| Muskogee, Okla. ... | 30,277 | 43,000 |
| Nashua, N. H..... | 28,379 | 32,000 |

| City or Town | Est. 1924 | Est. Trading Pop. |
|---|---|---|
| Nashville Tenn. | 118,342 | 200,000 |
| Newark, N. J. | 414,216 | 680,000 |
| Newark, Ohio | 26,718 | 36,000 |
| New Bedford, Mass. | 121,217 | 135,000 |
| New Britain, Conn. | 59,816 | 68,000 |
| New Bruns'k, N. J. | 32,779 | 54,000 |
| Newburgh, N. Y. | 30,272 | 35,000 |
| New Castle, Pa. | 44,938 | 93,000 |
| New Haven, Conn. | 162,390 | 185,000 |
| New Orleans, La. | 387,408 | 420,000 |
| Newport, Ky. | 29,317 | 34,000 |
| New Rochelle, N. Y. | 36,213 | 51,000 |
| Newton, Mass. | 39,806 | 47,000 |
| New York, N. Y. | 5,621,151 | 8,100,000 |
| Niagara Falls, N. Y. | 50,760 | 75,000 |
| Norfolk, Va. | 115,777 | 180,000 |
| Norristown, Pa. | 32,319 | 35,000 |
| Norwalk, Conn. | 27,557 | 35,000 |
| Oakland, Cal. | 216,361 | 350,000 |
| Oak Park, Ill. | 39,830 | 48,000 |
| Ogden, Utah | 32,804 | 52,000 |
| Oklahoma City, Okla. | 91,258 | 125,000 |
| Omaha, Neb. | 191,601 | 300,000 |
| Orange, N. J. | 33,239 | 39,000 |
| Oshkosh, Wis. | 33,162 | 47,000 |
| Pasadena, Cal. | 45,334 | 50,000 |
| Passaic, N. J. | 63,824 | 75,000 |
| Paterson, N. J. | 135,866 | 165,000 |
| Pawtucket, R. I. | 64,248 | 85,000 |
| Pensacola, Fla. | 31,035 | 40,000 |
| Peoria, Ill. | 76,121 | 150,000 |
| Perth Amboy, N. J. | 41,707 | 60,000 |
| Philadelphia, Pa. | 1,823,770 | 2,500,000 |
| Phoenix, Ariz. | 29,053 | 70,000 |
| Pittsburgh, Pa. | 588,193 | 1,250,000 |
| Pittsfield, Mass. | 41,751 | 61,000 |
| Plainfield, N. J. | 27,700 | 30,000 |
| Pontiac, Mich. | 34,273 | 70,000 |
| Port Huron, Mich. | 25,944 | 34,000 |
| Portland, Me. | 69,196 | 75,000 |
| Portland, Ore. | 258,288 | 400,000 |
| Portsmouth, Ohio | 33,011 | 45,000 |
| Portsmouth, Va. | 54,387 | 65,000 |
| Poughkeepsie, N. Y. | 35,000 | 45,000 |
| Providence, R. I. | 237,595 | 550,000 |
| Pueblo, Col. | 42,908 | 75,000 |
| Quincy, Ill. | 35,978 | 50,000 |
| Quincy, Mass. | 47,611 | 75,950 |
| Racine, Wis. | 58,593 | 65,000 |
| Reading, Pa. | 107,784 | 180,000 |
| Revere, Mass. | 28,823 | 32,000 |
| Richmond, Ind. | 26,728 | 45,000 |
| Richmond, Va. | 171,667 | 210,000 |
| Roanoke, Va. | 50,842 | 75,000 |
| Rochester, N. Y. | 295,850 | 400,000 |
| Rockford, Ill. | 65,651 | 110,000 |
| Rock Island, Ill. | 35,177 | 42,000 |
| Rome, N. Y. | 26,341 | 37,000 |
| Sacramento, Cal. | 65,857 | 87,685 |
| Saginaw, Mich. | 61,903 | 75,000 |
| St. Joseph, Mo. | 77,735 | 110,000 |
| St. Louis, Mo. | 773,000 | 1,100,000 |
| St. Paul, Minn. | 234,595 | 350,000 |
| Salem, Mass. | 42,515 | 80,000 |
| San Antonio, Tex. | 161,308 | 250,000 |
| San Diego, Cal. | 74,683 | 185,000 |
| San Francisco, Cal. | 508,410 | 900,000 |
| San Jose, Cal. | 39,604 | 42,000 |
| Salt Lake City, Utah | 118,110 | 160,000 |
| Savannah, Ga. | 83,252 | 150,000 |
| Schenectady, N. Y. | 88,723 | 100,000 |
| Scranton, Pa. | 137,783 | 225,000 |
| Seattle, Wash. | 315,362 | 400,000 |
| Sheboygan, Wis. | 30,955 | 50,000 |
| Shreveport, La. | 43,874 | 60,000 |
| Sioux City, Iowa | 71,227 | 81,000 |
| Sioux Falls, S. D. | 25,176 | 55,000 |
| Somerville, Mass. | 93,033 | 25,000 |
| South Bend, Ind. | 70,983 | 75,000 |
| Spokane, Wash. | 101,204 | 200,000 |
| Springfield, Ill. | 59,183 | 75,000 |
| Springfield, Mass. | 129,563 | 165,000 |
| Springfield, Mo. | 39,620 | 62,000 |
| Springfield, Ohio | 60,840 | 100,000 |
| Stamford, Conn. | 35,086 | 75,000 |
| Steubenville, Ohio | 38,500 | 40,000 |
| Stockton, Cal. | 40,296 | 45,000 |
| Superior, Wis. | 39,624 | 50,000 |
| Syracuse, N. Y. | 171,647 | 250,000 |
| Tacoma, Wash. | 96,963 | 120,000 |
| Tampa, Fla. | 51,252 | 70,000 |
| Taunton, Mass. | 37,137 | 60,000 |
| Terre Haute, Ind. | 66,083 | 110,000 |
| Toledo, Ohio | 243,109 | 300,000 |
| Topeka, Kan. | 50,022 | 78,000 |
| Trenton, N. J. | 119,389 | 145,000 |
| Troy, N. Y. | 72,013 | 85,000 |
| Tulsa, Okla. | 72,075 | 125,000 |
| Utica, N. Y. | 94,136 | 125,000 |
| Waco, Tex. | 38,500 | 55,000 |
| Waltham, Mass. | 30,891 | 35,000 |
| Warren, Ohio | 27,050 | 34,000 |
| Washington, D. C. | 437,571 | 550,000 |
| Waterbury, Conn. | 91,416 | 125,000 |
| Waterloo, Iowa | 36,230 | 75,000 |
| Watertown, N. Y. | 31,263 | 45,000 |
| West Hoboken, N. J. | 40,068 | ..... |
| W. New York, N. J. | 29,926 | ..... |
| Wheeling, W. Va. | 56,208 | 70,000 |
| Wichita, Kan. | 72,128 | 110,000 |
| Wichita Falls, Tex. | 40,079 | 60,000 |
| Wilkes-Barre, Pa. | 73,828 | 130,000 |
| Williamsport, Pa. | 36,198 | 48,000 |
| Wilmington, Del. | 110,168 | 180,000 |
| Wilmington, N. C. | 33,372 | 40,000 |
| Winston, N. C. | 48,395 | 62,000 |
| Woonsocket, R. I. | 43,496 | 55,000 |
| Worcester, Mass. | 179,741 | 250,000 |
| Yonkers, N. Y. | 100,266 | 170,000 |
| York, Pa. | 47,512 | 60,000 |
| Youngstown, Ohio | 132,358 | 200,000 |
| Zanesville, Ohio | 29,569 | 40,000 |

# FIRST AID TO THE INJURED

**Antiseptic Treatment.** Any person who gives first aid to the wounded should take every precaution possible by thoroughly cleansing his hands and nails. He should then cleanse the wounds with some antiseptic. The simplest and most easily procured is salt and water. Put a handful of salt in a quart of water and use freely. After the wound is cleansed, it must then be protected from new germs by some covering made germ-free by baking, boiling or even ironing with a hot flatiron.

**Important.** Never try to give anyone who is unconscious anything to drink as it may choke him.

**Freezing.** If the extremities are frost bitten, do not go into a warm room. Rub the parts vigorously with snow or water, gradually warming as the frost is driven out. Apply ointment liberally. If the entire body is badly chilled, warmth is absolutely necessary to overcome the depression which will follow. Place in a warm bath, increase the heat until it is as hot as can be borne. Hot tea or coffee and moderate quantities of alcoholic stimulants should be given.

**Heat Exhaustion.** The skin becomes cold and clammy. This should be treated with plenty of fresh air but no cold applications. (Give strong coffee or teaspoonful of whiskey in wineglass of water.)

For treatment of Sunstroke see "Help in Case of Accidents."

**Suffocation by Smoke.** Take victim into the air. Perform artificial respiration as in the case of drowning. Give alcoholic stimulants.

**Shock.** Keep head low. Wrap in hot, dry blankets. Apply hot water bottles or hot plates to abdomen and extremities. Apply no heat to head.

# HELP IN CASE OF ACCIDENTS

**Drowning.** 1. Loosen clothing. 2. Empty the lungs of water by laying body on its stomach and lifting it by the middle so that the head hangs down. Jerk the body a few times. 3. Pull tongue forward, using handkerchief or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs, about twenty times a minute. Alternately raising and lowering the arms gently but persistently from the sides up above the head will stimulate the action of the lungs. 5 Apply warmth and friction to extremities. 6. By holding tongue forward, closing the nostrils, and pressing the "Adam's apple" back (so as to close entrance to stomach) direct inflation can be tried. Take a deep breath and breathe it forcibly into the mouth of the patient, compress the chest to expel the air, and repeat the operation. 7. DON'T GIVE UP! People have been saved after **hours** of patient, vigorous effort. 8. When breathing begins get patient into a warm bed, give **warm** drinks, or spirits in teaspoonfuls, fresh air and quiet.

**Burns and Scalds.** Cover with cooking soda and lay wet cloths over it. Whites of eggs and olive oil. Olive or linseed oil, plain or mixed with chalk or whiting.

**Lightning.** Dash cold water over person struck.

**Sunstroke.** Loosen clothing. Get patient into shade and apply ice-cold water to head.

**Mad Dog or Snake Bite.** Tie cord tight above the wound. Suck the wound and cauterize with caustic or white-hot iron at once, or cut out adjoining parts with a sharp knife.

**Venomous Insects' Stings, Etc.** Apply weak ammonia, oil, salt water or iodine.

**Fainting.** Lay flat with head lower than body. Loosen clothes. Give plenty of air. Keep body warm. Bathe face and hands with cold water. While unconscious, give nothing to drink. When consciousness returns, give warm drinks or a little stimulant.

**Electric Shock.** Release from current, not touching body or wire with hands, metal or wet stick. Handle body by its clothing, with rubber gloves and shoes if possible; if not, cover hands with dry woolen cloth and stand on dry boards. Then induce artificial respiration as in a case of drowning. Rub limbs and massage body.

**Fire in One's Clothing.** Roll on carpet or wrap in woolen rug or blanket. Keep the head down so as not to inhale the flames.

**Cinders in the Eye.** Roll soft paper up like a lamp lighter and wet the tip to remove or use a medicine dropper to draw it out. Rub the OTHER eye.

# *ANTIDOTES TO POISONS*

| Poison | Symptoms | Treatment |
|---|---|---|
| **ALCOHOL**<br>Give emetic first | Giddiness, swaying of body, inability to stand, flushed face, weak pulse, moist hands. | Aromatic spirits of ammonia or hot coffee. Arouse but do not compel to walk if too weak. Throw cold water on chest and face. Wrap warmly and put to bed when sufficiently recovered. |
| **ARSENIC**<br>Give emetic first | Severe stomach pain, cramps in legs, purging, vomiting, dry throat, cold sweat and shock. | Liberal doses of lukewarm water, magnesia in large doses or dyalized iron in half-ounce doses repeated. Give patient beaten eggs or castor oil and stimulants. Warmth and rubbing should help. |
| **CARBOLIC ACID**<br>Do not give emetic at all | Great pain and vomiting, quickly followed by unconsciousness. Pure acid causes white burn; impure acid causes black burn. | Rinse mouth with pure alcohol. If person is adult, 3 or 4 tablespoonfuls of alcohol mixed with equal amount of water should be swallowed. After five minutes, give two tablespoonfuls of Epsom salts dissolved in water. Limewater may be used but is not as good as alcohol. Rinse mouth with it and give patient several glasses of it to swallow. Castor or sweet oil and 3 or 4 eggs may be given. Use stimulants and keep warm. |
| **CARBON MONOXIDE**<br>Give emetic first | Exerts its very dangerous action by displacing oxygen from its combination with the hemoglobin in the blood. | Act quickly. Administer oxygen at once, preferably from a cylinder and through an inhaler mask. Promptly remove patient from atmosphere containing carbon monoxide. If patient is feeble start artificial respiration by prone posture method. Keep him flat, quiet and warm—give him plenty of rest afterward. |
| **CAUSTIC ALKALIS**<br>(Ammonia, Lime, Camphor, Liniment, Potash, Soda)<br>Do not give emetic at all | Severe burning pain in mouth, throat and stomach felt immediately; vomiting and purging; tissues of mouth destroyed where touched; severe shock and suffocation from swelling. | Use an acid to counteract alkali. Vinegar, lemon or orange juice. Tartaric or citric acid in plenty of water. Soothing liquids and stimulants. If patient can not swallow, he may inhale acetic acid or vinegar from handkerchief. |
| **CORROSIVE ACIDS**<br>(Acetic, Hydrochloric, Nitric, Sulphuric)<br>Do not give emetic at all | Burning pain in mouth, throat and stomach; destroyed mucous membranes wherever touched; frequent vomiting and purging; some suffocation from swollen throat; shock and prostration. | Use an alkali to counteract acid. Magnesia or chalk in water given frequently are best. Baking soda, lime, whiting, plaster, tooth powder, wood ashes or ammonia may be used. Give from 1 tablespoonful to 2 cups of water. Follow with soothing liquids, milk, milk and egg, olive oil. Use stimulants always. Have patient inhale ammonia fumes if acid has entered breathing passage. |

# *ANTIDOTES TO POISONS—Contd.*

| Poison | Symptoms | Treatment |
|---|---|---|
| **LEAD**<br>Give emetic first | Dry throat, metallic taste, great thirst, colic in abdomen, cold sweat, cramps in legs and at times paralysis in legs and convulsions. | ½ ounce Epsom salts in tumbler of water. Use stimulants and soothing syrup. |
| **MERCURY**<br>Do not give emetic first | Swollen mouth and tongue; metallic taste in mouth; tongue, lips and mouth turned white; abdominal pain; nausea, vomiting mucous and blood; bloody purging; clammy skin; convulsions and prostration. | Give white of egg or whole egg beaten up. Flour and water, while not as good, may be used. Follow with emetics, soothing syrups and stimulants. |
| **NITRATE OF SILVER**<br>Do not give emetic first | Pain in mouth and stomach, mouth turning white and then black, vomiting first white and then black. | In frequent doses, give common salt dissolved in water or milk. Follow with emetic. Then give soothing syrups and stimulants. |
| **OXALIC ACID**<br>Do not give emetic first | Frequent vomiting, purging and burning pain in mouth and stomach. | Magnesia, chalk and water or lime water. Follow with 1 ounce of castor oil. Give stimulants freely. |
| **OPIUM**<br>Give emetic first | Drowsiness, finally unconsciousness; full pulse at first, then weak pulse; breathing full and slow at first, then slower and shallower breathing; pinhead pupils; flushed face turning purple. | It may be difficult to get emetic to work. Give strong coffee liberally. Arouse by threatening and speaking loudly, but do not exhaust by compelling to walk. If necessary, use artificial respiration. Give stimulants. |
| **PHOSPHORUS**<br>Give emetic first | Severe pain in stomach, vomiting, dark skin which may have phosphorus odor, bloody purging and bleeding nose. | ½ ounce Epsom salts in tumbler of water or magnesia. Stimulants. Soothing liquid. Milk. Do not give fats and oils. |
| **PTOMAINE**<br>Give emetic first | Nausea, vomiting, purging, cold and clammy skin, weak pulse, severe abdominal pain, cramps, prostration, weakness and often skin eruptions. | Purgative, castor oil or Epsom salts, teaspoonful of powdered charcoal. Repeat. |
| **STRYCHNINE**<br>Give emetic first | Very severe convulsions, alternating with cramps affecting muscles in all parts of body; jaws locked; back bowed by muscular spasms; breathing made difficult causes face to become dusky. | Large quantity of powdered charcoal. Follow with another emetic. Absolute quiet to avoid convulsions. |
| **TOADSTOOLS and FUNGI**<br>Give emetic first | Vomiting, purging and watery diarrhea; discharges which may be accompanied by blood; pulse slow and strong at first later becomes rapid and weak; saliva and sweat pour out; patient weak and dizzy; may have convulsions and stupor. | Give emetic immediately and send for physician who will administer sulphate of atrophin, hypodermically in most cases. |
| **UNKNOWN POISONS** | | Give stimulants and soothing liquids |

## *PERSONAL RECORD*

Name .....

Address.....

Birthday.....

Office Phone.....Res. Phone.....

Auto. Motor No.....Auto. License No.....

Watch No.....Bank Book, No.....

Weight.....Height..... Date.....

My Will may be found at.....

My Doctor is.....

My Church is.....

My Minister is.....

Date of this Record.....

## *DISTANCES AND MAIL TIME TO FOREIGN CITIES FROM THE CITY OF NEW YORK*

| | | |
|---|---|---|
| Adelaide, via San Francisco | 12,845 | 34 |
| Alexandria, via London..... | 6,150 | 12 |
| Amsterdam, via London.... | 3,985 | 8 |
| Antwerp, via London..... | 4,000 | 8 |
| Athens, via London..... | 5,655 | 11 |
| Bahia, India ..... | 5,870 | 14 |
| Bangkok, Siam, via San Francisco ..... | 12,900 | 43 |
| Bangkok, Siam, via London ..... | 13,125 | 41 |
| Batavia, Java, via London.. | 12,800 | 34 |
| Bombay, via London..... | 9,765 | 22 |
| Buenos Ayres ..... | 8,045 | 24 |
| Calcutta, via London..... | 11,120 | 24 |
| Cape Town, via London.... | 11,245 | 25 |
| Constantinople, via London.. | 5,810 | 11 |
| Florence, via London..... | 4,800 | 9 |
| Glasgow ..... | 3,370 | 8 |
| Greytown, via New Orleans | 28,815 | 7 |
| Halifax, N. S..... | 645 | 2 |
| Havana ..... | 1,366 | 3 |
| Hong Kong, via San Francisco ..... | 10,590 | 27 |
| Honolulu, via San Francisco | 5,645 | 12 |
| Liverpool ..... | 3,540 | 7 |
| London ..... | 3,740 | 7 |
| Madrid, via London..... | 4,925 | 9 |
| Melbourne, via San Francisco ..... | 12,265 | 26 |
| Mexico City (railroad)..... | 3,750 | 5 |
| Panama ..... | 2,355 | 6 |
| Paris ..... | 4,020 | 8 |
| Petrograd, via London..... | 5,370 | 9 |
| Rio de Janeiro..... | 6,204 | 17 |
| Rome, via London..... | 5,030 | 9 |
| Rotterdam, via London..... | 3,935 | 8 |
| San Juan, Porto Rico..... | 1,730 | 5 |
| Shanghai, via San Francisco ..... | 9,920 | 25 |
| Shanghai, via London..... | 14,745 | 45 |
| Stockholm, via London..... | 4,975 | 9 |
| Sydney, via San Francisco.. | 11,570 | 21 |
| Valparaiso, via Panama.... | 5,915 | 22 |
| Vienna ..... | 4,740 | 9 |
| Yokohama, via San Francisco ..... | 7,348 | 20 |

# *INSURANCE POLICY RECORD*

| Company | Policy No. | Am't | Form of Policy | Date of Issue | Age of Issue | Premium | Premium Payable | Date of Maturity or Expiration | Beneficiary |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |

## FAMILY RECORD

| | FATHER | MOTHER | 1ST CHILD | 2ND CHILD | 3RD CHILD | 4TH CHILD | 5TH CHILD |
|---|---|---|---|---|---|---|---|
| Name | | | | | | | |
| Place Birth | | | | | | | |
| Date Birth | | | | | | | |
| Weight Birth | | | | | | | |
| Date Baptism | | | | | | | |
| Vaccination | | | | | | | |
| 1st day School | | | | | | | |
| 1st Communion | | | | | | | |
| Confirmed | | | | | | | |
| Betrothed | | | | | | | |
| Married | | | | | | | |
| | | | | | | | |
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## BIRTHDAYS AND ANNIVERSARIES TO REMEMBER

| NAME | DATE |
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# 1927

### JANUARY

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### FEBRUARY

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### APRIL

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### MAY

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### JUNE

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### SEPTEMBER

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### OCTOBER

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### DECEMBER

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# 1929

### JANUARY

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### FEBRUARY

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### MARCH

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### APRIL

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### JUNE

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### AUGUST

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### SEPTEMBER

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### OCTOBER

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### NOVEMBER

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### DECEMBER

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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | .. | .. | .. | .. |
| .. | .. | .. | .. | .. | .. | .. |

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SEE INSIDE FRONT COVER FOR 1928 CALENDAR